BEST FOR SPORT, SKY & STREAMING

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24-30 JANUARY 2026

TV&Satellite UK

NEW
BRIDGERTON
Who's stolen Benedict's heart?

NEW

Under Salt Marsh

Kelly Reilly & **Rafe Spall** reopen a cold-case mystery

NEW
DEATH IN PARADISE
Look who's back!

EXCLUSIVE!
WONDER MAN
Superhero spoof with **Sir Ben Kingsley**

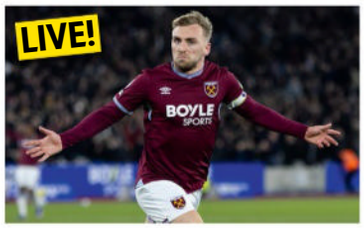
HotList This week's 28

Saturday 24

Sri Lanka v England: 2nd ODI

***CRICKET** TNT Sports 2, play starts 9am*

Colombo is the venue as Harry Brook (above) and England continue their white-ball tour. The sides also play on Tuesday, with a T20 series beginning on Friday.



Premier League

***FOOTBALL** TNT Sports 1 & Sky Sports*

With the Hammers still at high risk of relegation, a win against Sunderland this lunchtime (k-o 12.30pm) will mean everything. Later, Liverpool make the trip south to Bournemouth (k-o 5.30pm).

Secrets of the Royal Traditions

***DOCUMENTARY** 5, 8.30pm*

Examining centuries-old traditions of the monarchy, from the deep-rooted link between the sovereign and the armed forces to the Royal Family's love of horses.

The Zone of Interest

***DRAMA** C4, 9.45pm*

Shown ahead of Holocaust Memorial Day on Tuesday, this film centres on the family of the commandant of Auschwitz, as they try to maintain a normal life while living next to the camp. *See review, page 25*

Full listings start on **p35**

Sunday 25

Premier League

***FOOTBALL** Sky Sports*

A busy afternoon of top-flight action includes Brentford v Nottingham Forest, Crystal Palace v Chelsea, Newcastle v Aston Villa (all kick-offs 2pm), and Arsenal v Manchester United (k-o 4.30pm).

Mission to Space with Francis Bourgeois

***DOCUMENTARY** C4, 6.50pm (box set, Channel 4 Streaming)*

The TikToker (above) revisits his first obsession of space travel, and finds out if he has what it takes to be an astronaut.

Guy Martin: Proper Jobs

***DOCUMENTARY** U&Dave, 8pm (box set, U)*

As the adventurer continues to explore 'proper jobs' in a second series, he joins a lifeboat crew in his home town, Grimsby, where volunteers put their lives on the line daily. *See Documentaries, page 21*

Confessions of a Killer

***DOCUMENTARY** BBC2, 9pm (box set, BBC iPlayer)*

A two-part look at the case of dentist Colin Howell (above, left), who admitted in 2009 to killing his wife and his former lover's husband 18 years earlier.

Full listings start on **p45**

Monday 26

Chateau DIY: Win the Dream

***REALITY** C4, 5pm*

This spin-off sees contestants take part in renovation challenges, in the hope of winning the grand prize of their own French chateau. Continues all week.

Clive Myrie's African Adventure

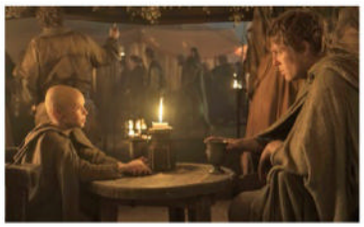
***TRAVELOGUE** BBC2, 6.30pm (box set, BBC iPlayer)*

The newsreader (above) sets off to explore the cultures of Africa. Continues all week. *See Documentaries, page 20*

Lynley

***CRIME DRAMA** BBC1, 8.30pm*

DI Lynley (Leo Suter) and DS Havers (Sofia Barclay) investigate the murder of a recently arrested teenager, in a case that leads them to the Church and possible police corruption. *See feature, page 12*



A Knight of the Seven Kingdoms

***FANTASY DRAMA** Sky Atlantic, 9pm*

Ser Duncan (Peter Claffey) faces a task proving he is his former master's heir. Will Prince Baelor Targaryen (Bertie Carvel) come to his aid?

Full listings start on **p55**

Tuesday 27

Take That

***DOCUMENTARY** Netflix*

Telling the story of how Gary Barlow, Howard Donald, Mark Owen, Robbie Williams and Jason Orange became one of the biggest boy bands of the 1990s, and how they came back bigger than ever. *See Your Watchlist, page 17*

Inside the Factory

***FACTUAL** BBC1, 8pm*

Paddy McGuinness (above) reports on a Wrexham factory that produces 120 million boxes of Kellogg's cereal every year, while Cherry Healey looks at the pros and cons of filling the dishwasher.

RuPaul's Drag Race UK Vs the World

***ENTERTAINMENT** BBC3, 9pm*

Amandaland's Lucy Punch is among the guest judges this series as UK drag queens face off against rivals from other Drag Race iterations. RuPaul (above) hosts.

999: What Happened Next

***DOCUMENTARY** C4, 10.05pm (box set, Channel 4 Streaming)*

In the first episode of a new true-life series, police detectives investigate whether the fatal stabbing of a suspected thief in Suffolk was self-defence.

Full listings start on **p65**

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Wednesday 28

Wonder Man
SUPERHERO DRAMA Disney+
Struggling actor Simon Williams (Yahya Abdul-Mateen II, above) auditions for the lead role in a remake of a superhero film, unaware that he has gained superpowers of his own. *See Your Watchlist, page 14*

Shrinking
COMEDY DRAMA Apple TV
Jason Segel and Harrison Ford (both above) return as therapists Jimmy and Paul for a third season, which also features a guest appearance by Michael J Fox. *See Your Watchlist, page 16*

The Wrecking Crew
ACTION COMEDY Prime Video
Jason Momoa and Dave Bautista (both above) play half-brothers out to avenge their father's murder. With explosions, car chases and a Hawaiian setting, there's not much to dislike about this action romp.

Champions League
FOOTBALL TNT Sports, kick-offs 8pm
The final games in the league phase take place, with fixtures including Paris Saint-Germain against Newcastle United, while an indomitable Arsenal play Kazakh side Kairat Almaty. *See Sport Week, p28*

Full listings start on p75

Thursday 29

Bridgerton
DRAMA Netflix
The fourth season of the romantic drama sees second Bridgerton brother Benedict (Luke Thompson) get his love story, when he falls for a mysterious masked beauty at his mother's ball. *See feature, page 6*

Dragons' Den
FACTUAL BBC1, 8pm
Entrepreneur Jenna Meek joins the panel as a guest Dragon for tonight's series opener, with rapper Tinie Tempah and marketing powerhouse Susie Ma also appearing in the run. *See feature, p12*

Europa League
FOOTBALL TNT Sports, kick-offs 8pm
The second-tier European competition also reaches its final league-phase ties, with Aston Villa well positioned to qualify as they face Salzburg at Villa Park. *See Sport Week, page 28*

The Apprentice
REALITY BBC1, 9pm
Lord Alan Sugar and his aides, Tim Campbell and Baroness Karren Brady, meet a new cohort of hopefuls for the 20th series of the business show, which kicks off in Hong Kong. *See feature, p8*

Full listings start on p85

Friday 30

The Naked Gun
COMEDY Sky Premiere, 9.10am & 8pm
Liam Neeson (above) stars in this silly revival of the slapstick police comedy, as bumbling police detective Lt Frank Drebin Jr. Pamela Anderson also stars, as a femme-fatale writer. *See review, page 24*

Death in Paradise
CRIME DRAMA BBC1, 9pm
DI Mervin Wilson (Don Gilet) and Commissioner Selwyn Patterson put their heads together to solve the mystery of an apparent suicide, as the series returns. *See feature, page 11*

Devil in Disguise: John Wayne Gacy
DRAMA ITV1, 9pm (box set, ITVX)
Fact-based drama telling the disturbing story of serial killer John Wayne Gacy (played here by *Severance*'s Michael Chernus, above). *See feature, page 7*

Under Salt Marsh
CRIME DRAMA Sky Atlantic, 9pm & 10.05pm
When ex-detective turned teacher Jackie (Kelly Reilly, above) discovers the body of one of her pupils, an unsolved cold case is revived. *See feature, page 4*

Full listings start on p95

24-30 JANUARY 2026

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Jackie Ellis
Kelly Reilly
The former detective is haunted by the disappearance of her nine-year-old niece Nessa three years ago.

Kelly Reilly and **Rafe Spall** must catch a killer before their coastal town is consumed by the sea

TROUBLED

NEW CRIME DRAMA

Under Salt Marsh

Fri, 9pm & 10.05pm, Sky Atlantic

An ex-cop and her former partner on the force must race against time to solve a chilling murder in a dark and atmospheric crime drama that has drawn comparisons to hit US series *True Detective*.

Set in the fictional Welsh coastal town of Morfa Halen, six-parter *Under Salt Marsh* begins with schoolteacher Jackie Ellis (Kelly Reilly) discovering the lifeless body of one of her pupils, Cefin Hill, in a drainage ditch.

It's a devastating moment for Jackie and also brings back terrible memories of her final case as a detective, when she failed to find the person responsible for the disappearance of her nine-year-old niece, Nessa.

Jackie is also dismayed to learn her former colleague, DS Eric Bull (Rafe Spall), with whom she has a troubled history, is returning to lead the murder investigation in a community still scarred by their failure to solve Nessa's case three years earlier.

While Eric has continued with his career, Jackie left the police force in a bid to build a new life, and it's soon clear that she still feels a sense of betrayal towards her old partner.

Meanwhile, Jackie's relationship with her younger sister, Lydia, has never recovered after Eric arrested Lydia, wrongly suspecting Nessa's mum of involvement in her disappearance.

'Jackie is deeply resentful of Eric after what happened with their investigation,' explains Reilly, 48. 'Ideally, someone so personally connected wouldn't have led such a case, but Jackie is strong-willed and believed her bond with Nessa would help. The case has remained unsolved, leaving the community and Jackie in a state of purgatory without any closure.'

Police officers inspect the crime scene

Sir Jonathan Pryce plays farmer Solomon Bevan

WORDS: SEAN MARLAND. PHOTOS: ADOBE STOCK, SKY

DS Eric Bull
Rafe Spall
The community of Morfa Halen isn't pleased to see the detective return after he mishandled the search for Nessa.

WATERS

While Jackie is haunted by that legacy, the case also brings back dark memories for Eric. But after a frosty reunion, the pair must put their differences aside to discover what happened to Cefin.

HEAVY WEATHER

'Eric is a compelling character – flawed, brooding and complex,' says Spall, 42. 'The series is gripping and the writing has an other-worldly quality. It reminds me of *Twin Peaks* and *True Detective*, although it's very much its own thing.

'Eric is an outsider in Morfa Halen and the town is wary of him, but he doesn't care. He's there to do a job – catch the killer.'

Jackie becomes convinced that Cefin's death is related to Nessa's disappearance, but time is not on her side as she works to prove a link between the two cases. An approaching, once-in-a-lifetime storm is also threatening to wash the coastal community away and destroy every shred of evidence.

'It's a crime drama, but it's also a character study that explores how trauma and guilt shape someone,' says Reilly. 'The landscape and the storm are gritty, but also beautiful.'

After starring alongside Kevin Costner as the ruthless Beth Dutton in hit US drama *Yellowstone* for six years, *Under Salt Marsh* is England-born Reilly's first British TV project since 2018, and she is delighted to be leading a stellar cast that includes Oscar nominee Sir Jonathan Pryce.

'To come back and work with British actors has been a joy. It's such a wonderful ensemble,' she says. 'Everyone brought passion to the project, even in tough conditions. Filming in North Wales during the winter was intense. We were out in the wind and rain, but the commitment was inspiring.'

However, Spall was not quite as enamoured with the wild conditions, especially when it came to filming an action scene in a flooded warehouse.

'The whole shoot was very wet,' he smiles. 'I'm not into stunts and shooting that scene in particular wasn't much fun. As an actor, my ideal scene is sitting down, in the warm, talking, preferably in bed. I always joke that my perfect role is being in a coma!'

WHO'S WHO

Shell Hill
Kimberley Nixon
Cefin's grief-stricken mother works with husband Danny in the local butcher shop.

Solomon Bevan
Sir Jonathan Pryce
Shell's father owns a farm overlooking the town that has been passed down through the generations.

DC Jess Deng
Naomi Yang
Eric's deputy admires him and wants to win his respect, but she's wary of Jackie's influence over the new investigation.

Gareth Morgan
Dino Fetscher
A worker for an environmental institute, Gareth urges residents to evacuate the town ahead of the storm.

Mac Jones
Brian Gleeson
The family man is in charge of the community-funded project to build a sea wall around Morfa Halen.

Dylan Rees
Harry Lawtey
Jackie's secret lover is part of the team building the sea wall that residents hope will protect them from rising sea levels.

Kieran Benbow
Morgan Watkins
The outsider was the police's prime suspect during the hunt for Nessa.

TV WEEK

Who's that girl?

Benedict loses his heart to a mysterious stranger as the Regency romance returns

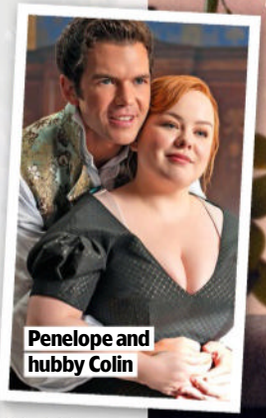
NEW DRAMA

Bridgerton

From Thursday 29 January, Netflix (eps 1-4 from Thu 29 January; eps 5-8 from Thu 26 February)

Free-spirited Benedict Bridgerton is set to become the talk of the 'ton' as he takes centre stage when Netflix's hit period drama returns for a fourth run of romance and scandal.

Previous series of *Bridgerton* have seen the hard-living bachelor, played by Luke Thompson, resolutely avoid the competitive marriage market of Regency London's high society. But now, the talented artist is set to fall hopelessly in love with a mysterious stranger.



Penelope and hubby Colin

As the eight-parter begins, Benedict, the second eldest of the eight wealthy Bridgerton siblings, reluctantly attends a masquerade ball held by his mother Lady Violet (Ruth Gemmell). He is soon bewitched by the enigmatic 'Lady in Silver', unaware that she is Sophie Baek (Yerin Ha), a plucky maid working for Lady Araminta Gun (Katie Leung, see panel, right), who has disguised herself to attend the dance.

Can infatuated Benedict track down the woman who has captured his heart, and will they attract the attention of gossip columnist Lady Whistledown, AKA Benedict's sister-in-law Penelope Bridgerton (Nicola Coughlan)?

Here, Thompson, 37, and Ha, 28, reveal more…

Sophie's looking for love

Sophie and Benedict meet

Where do we find Benedict?
Thompson He hasn't quite tipped into maturity and is keen to hold on to his freedom. And there's a real fear of what falling in love would mean.

What can you reveal about Sophie?
Ha Sophie is headstrong and independent but she yearns for love. She doesn't let a lot of people in, but she learns to let her walls down.

Will Sophie and Benedict be able to overcome the rigid social structure of the 1800s and forge a relationship?
Ha When Sophie meets Benedict, her life changes. It's great to see Benedict finally fall in love, but he's of noble class and Sophie's of lower class. What's beautiful, though, is that they see each other for who they are, and they question the standards that society puts on people.
Thompson Sophie forces Benedict to grow up. She's realistic, pragmatic, and always got the next move planned out – unlike Benedict. It's about opposites attracting. But the situation Benedict wants is not possible because of obstacles…

Class is a major theme this time, isn't it?
Ha Yes, the 'upstairs, downstairs' element brings fresh energy. Sophie's employer, Araminta, misuses her power and it highlights how hard it was being a maid in that era. The household is suffocating.
Thompson We're going downstairs and finding out about the servants who work at Bridgerton House, too. Characters come to the fore like Mrs Wilson [the Bridgertons' housekeeper played by Geraldine Alexander] and John [the Bridgertons' footman, portrayed by Oli Higginson].

What was it like filming the masquerade ball?
Thompson Some of the most magical moments on *Bridgerton* are the dances. This masquerade ball has an element of a fairy tale. Everyone's playing a game and not showing their cards.
Ha The ball was one of my favourite things to shoot. When I first tried on my costume with the mask, it was a Cinderella moment.

WORDS: CAREN CLARK. STEVEN PERKINS. PHOTOS: ITV, NETFLIX, GETTY, PEACOCK

Yerin Ha and Luke Thompson as Sophie and Benedict

NEW FROM NETFLIX

CLASS ACT

***Katie Leung** joins the cast as indomitable Lady Araminta Gun*

Sophie is not the only new arrival in the latest series of *Bridgerton*, as her uncompromising employer Lady Araminta Gun (Katie Leung), the owner of Penwood House, also steps into the spotlight.

The no-nonsense, twice-widowed aristocrat is keen to launch her daughters – ambitious Rosamund (Michelle Mao) and kindly Posy (Isabella Wei) – on to the social scene. But can they win the hand of any wealthy suitors?

'Araminta's a force of nature,' says Harry Potter star Leung, 38. 'She believes Rosamund's a perfect match for Benedict. And she knows she can get whatever she wants, but that begins to slip away…'

Lady Araminta Gun

From left: Posy, Araminta and Rosamund

Michael Chernus as Gacy

The hunt for **1970s serial killer** John Wayne Gacy...

Reign of TERROR

NEW DRAMA

Devil in Disguise: John Wayne Gacy

Friday, 9pm, ITV1 (box set, ITVX)

Between 1972 and 1978, John Wayne Gacy kidnapped and murdered 33 young men in the suburbs of Chicago – crimes that went unnoticed because the sadistic killer was a respected member of the community.

This eight-part series dramatises the police's efforts to bring Gacy to justice, beginning when the parents of teenager Rob Piest report their son missing. *The Last of Us* star Gabriel Luna plays Detective Rafael Tovar, who is immediately suspicious of Gacy despite the killer's seeming normality.

Gabriel Luna as Det Tovar

BLENDING IN

'Tovar was a hard-working individual, and very diligent in his work,' says Luna, 43. 'Even after it was clearly known that Gacy was the culprit – because Gacy himself confessed – Tovar continued his pursuit of identifying the 33 victims.'

The press was quick to dub Gacy the 'Killer Clown' due to his prior performances as a children's entertainer, but this led to the nature of his crimes being widely misconstrued – something that the series is keen to put right.

'It was a real misdirect by the media at the time because it sold a lot of newspapers,' says *Severance* actor Michael Chernus, who plays Gacy. 'He didn't kill people dressed as a clown, or lure boys back to his house dressed that way; it was just one of many masks he wore to blend into normal society.'

DEEP IMPACT

Chernus was initially reluctant to take on the role of Gacy (who was executed in 1994), but changed his mind after producers convinced him that the series had the potential to challenge the public perception of the killer and highlight the impact on the victims' families. However, he still found the role deeply unsettling.

'I would drop him the second I could,' says Chernus, 48. 'I didn't want to subject our incredible crew to John Wayne Gacy any longer than they already had to. My family moved with me to Toronto, where we shot the show, and I didn't want my young daughter or my wife to deal with him either.

'But in doing press for the show, he has come back, and it's a hard story to shake off completely. I think it will always be part of me in some way.'

Lord Sugar (centre) with this year's ambitious contestants

Business is booming

Lord Alan Sugar celebrates *The Apprentice*'s 20th anniversary with the biggest series yet

NEW REALITY

The Apprentice

Thursday, 9pm, BBC1

When *The Apprentice* launched in 2005, the cut-throat TV competition chaired by the then-Sir Alan Sugar instantly won a loyal audience with its larger-than-life contestants who were always willing to give 110%.

This week, the show celebrates its landmark 20th season in style by sending 20 candidates – more than ever before – to Hong Kong, where they're tasked with a treasure hunt across the bustling city.

'The thinking behind it was to do something different for the 20th series because it's an amazing milestone,' says Lord Sugar, 78. 'Hong Kong is my old hunting ground, so I jump on a plane and surprise them. They come into the boardroom and there I am.'

Before the boardroom showdown, where at least one of them will be fired, the contestants – who include a letting agent, an actor and a pet-cremation urn provider – must purchase nine specific items, including shrimp paste, a mah-jong set and a calligraphy brush, at the lowest price possible.

Vying for a potentially life-changing £250,000 investment and mentorship from the business mogul, they must grapple with language barriers and an unfamiliar city. And, as ever, Lord Sugar's aides – Baroness Karren Brady and Series 1 winner Tim Campbell – are paying close attention to proceedings.

'The 20th series is an amazing milestone'

LORD ALAN SUGAR

TRADING HUB

'Hong Kong is a fabulous, fast-moving place and it really pushes the candidates out of their comfort zone,' says Brady, 56. 'Some are a bit overconfident and you can see how the environment challenges them, but that's exactly why it makes for fantastic television.'

Other upcoming tasks in the 12-part series involve creating a children's book, selling on live TV and hosting a corporate away day on the Red Sea in Egypt, as well as a second discount buying task on the Isle of Wight.

To date, Lord Sugar has invested more than £3 million in winners' start-ups, and he's signed up to do three more years of the show. Later this year, he will also be

WORDS: ELAINE REILLY; SIMON TIMBLICK. PHOTOS: BBC, GETTY, ITV

Campbell, Sugar and Brady

helming the first full-length version of *The Celebrity Apprentice*, with a line-up of yet-to-be announced famous faces.

CELEBRITY SPOTLIGHT

'It will be interesting to see how the celebrities fare across a full series, removing their PAs, PRs, agents and all the other assistance they have in their day-to-day lives,' says Sugar.

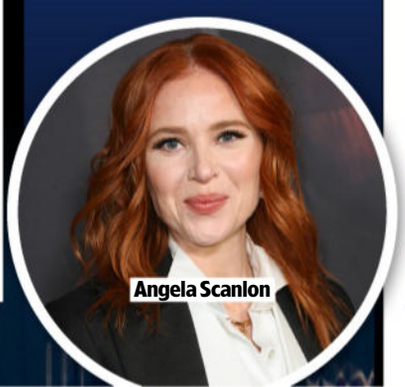
'I never imagined back in Series 1 that I'd still be here two decades later. But I've always said I will carry on as long as the BBC wants me to.'

YOU'RE HIRED!

With comedian Tom Allen stepping down from companion show *The Apprentice: You're Fired!* after six years, presenter Angela Scanlon launches a rebranded version of the spin-off, *The Apprentice: Unfinished Business* (Thursday, 10.05pm, BBC2).

Each week, Scanlon – who recently appeared in a celebrity Christmas special of the show – will be joined by freshly fired candidates and special guests.

'Having recently gone toe to toe with Lord Alan Sugar in the boardroom, it is an absolute treat for me to be part of *The Apprentice* as it heads into its 20th series,' she says. 'I can't wait to get suited and booted to unpack the drama and make sense of the madness.'



Angela Scanlon

STORY OF THE WEEK

SOAP WEEK

This week's soaps at a glance

Graham (centre) is back from the dead, much to Kim and Joe's shock

EMMERDALE

Kim and Joe discover Graham is still alive!

» **Despite being hit** over the head, run down by a car and falling off a cliff six years ago, Graham Foster has returned from the grave, following his surprise appearance in ITV1's soap crossover spectacular *Corriedale*!

Graham's ex-girlfriend, village vet Rhona, is the only person who currently knows the truth about how he cheated death.

This week, Rhona has more questions for Graham when he visits her at the surgery. But he suddenly goes into hiding when a spooked Joe arrives, convinced he has seen his legal guardian…

Rhona covers Graham's tracks for him but he later decides the time has come to visit Home Farm and reveal his resurrection to his ex-wife Kim and Joe!

Rhona deals with Graham's reappearance

'I always thought Graham was capable of coming back,' says Andrew Scarborough, who plays the character. 'He was a highly trained SAS operative. He also arranged the false death of Joe, proving he's a master in the art of smoke and mirrors!'

» **PLUS** Victoria struggles with her guilt in the aftermath of brother John's death, Arthur goes on a spending spree with dead Ray's stolen drugs cash, while Paddy and Dylan are hopeful after an update from the police.

ALSO IN THE SOAPS THIS WEEK...

CORONATION STREET

» Somebody overhears when Theo (above, right) makes a confession ahead of Billy's funeral, Bernie has a boozy night out with consequences, there's an armed robbery at the hotel, and is Megan's grooming of Will about to be exposed?

EASTENDERS

» Joel's trial takes an unexpected turn (right), Mark Fowler Jr is back with a secret, Elaine is hopeful of getting back together with ex George, plus Max is determined to keep Jasmine away from Oscar.

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Selwyn Patterson (Don Warrington) and Mervin Wilson (Don Gilet)

Back to the beach

Selwyn returns to Saint Marie to help crack a mysterious case

NEW CRIME DRAMA

Death in Paradise

Friday, 9pm, BBC1

The team are preparing to welcome Commissioner Selwyn Patterson (Don Warrington) back to Saint Marie as *Death in Paradise* returns for a 15th series this week – but moments after stepping off the plane, Selwyn finds himself right at the heart of an investigation.

After learning that troubled employee Kevin Felton (Will Close) is threatening to jump from the roof of Government House, Selwyn is devastated when he fails to stop him. But DI Mervin Wilson (Don Gilet) isn't convinced Kevin died by suicide.

SUBTERFUGE

'On the surface, it seems someone's taken their own life, but there's always that little moment where Mervin thinks, "No, there's got to be more to it than that,"' says Gilet, who joined the series in December 2024. 'Without giving too much away, we work out how it's possible for someone to have seemingly killed themselves – but not.'

As the Commissioner was one of the key witnesses to Kevin's death, he and Mervin work closely together to uncover the truth, and Gilet was delighted to explore a new side to their relationship.

'It's the first time that we have had to almost work as a partnership,' reveals Gilet, 59. 'I don't want to call Mervin his protégé, but I do see Selwyn as the Yoda to his Luke Skywalker in many ways. What I like about this episode is that it's Mervin and Selwyn as an odd couple.'

> 'I do see Selwyn as the Yoda to his Luke Skywalker in many ways'
> DON GILET

Kevin Felton (Will Close)

FAMILY STRIFE

It's not just the case that has Mervin preoccupied – having tracked down Solomon Clarke (Daniel Ward), the brother he only recently found out about, Mervin is excited to meet his long-lost sibling. However, Solomon isn't quite what he's expecting…

'They couldn't be any more opposed in terms of their personalities,' says Gilet. 'One is there to solve crime, and the other seems to be causing it. Mervin has always wanted a family, but Solomon isn't the kind of brother Mervin would have wanted…'

NEW RECRUIT

***The War Between the Land and the Sea*'s Catherine Garton joins *Death in Paradise* this series as Sergeant Mattie Fletcher. The amiable, hard-working new hire makes a good first impression, but it soon becomes apparent that she's got some skeletons in her closet.**

'She's kind of a cool, big-sister character with an easy-going charm and warmth,' says Garton. 'But she's a bit of a thrill seeker, and quite impulsive – she has some maverick tendencies that can get her into trouble.'

Mattie Fletcher (Catherine Garton)

WORDS: STEVEN PERKINS. PHOTOS: BBC, GETTY

LOOK WHO'S BACK...

A familiar face appearing in a new show this week

Claudia Winkleman

Claudia Winkleman: Behind the Fringe

NEW *Saturday, 9.25pm, 5*

Born in London in 1972, Claudia Winkleman is best known as host of BBC1 hits *The Traitors* and *Strictly Come Dancing*, which she left last Christmas after 15 years in the ballroom. She began her presenting career in the 1990s on shows such as BBC travel programme *Holiday* and ITV's *Pyjama Party* (inset), while more recent roles include *The Great British Sewing Bee* and C4 musical competition *The Piano*. She'll soon be on our screens again with her own BBC1 chat show.

HER NEW APPEARANCE

This week, Winkleman, 54, is the subject of 5's one-off profile, exploring her rise to fame and the real person behind the national-treasure image, while also looking at her influence on British TV. Among the contributors are *Strictly* judge Shirley Ballas and *The Traitors* contestants Diane Carson and Wilfred Webster, along with Janet Street-Porter, who gave Winkleman her break on short-lived cable channel L!VE TV in the 1990s.

Claudia Winkleman

TV WEEK

Pitch battle

Deborah Meaden welcomes new faces to *Dragons' Den*

NEW FACTUAL

Dragons' Den

Thursday, 8pm, BBC1

Since she joined *Dragons' Den* back in 2006, Deborah Meaden has seen quite a few changes to the line-up of multimillionaire investors. And now, as BBC1's business showcase returns for another series, she welcomes more new faces to the panel.

Meaden will once again be joined by fellow resident Dragons Touker Suleyman, Steven Bartlett and Peter Jones, but there's a seat to fill following the departure of Sara Davies, who appeared for six series from 2019 to 2025.

'I will miss Sara in the Den, but we're friends, so I don't miss her in real life because we've stayed in touch,' explains Meaden, 66. 'It's always sad when a Dragon goes, but we've got guest Dragons sitting in the chair beside me now, which works really well.'

Meaden tries on a different hat

Guest Dragons were first seen in 2024 when footballer turned businessman Gary Neville and fashion mogul Emma Grede paid visits to the Den, with former TV presenter Trinny Woodall and fitness guru Joe Wicks joining the rota for last year's series.

MONEY TALKS

In the new run, there is a fresh batch of guests, each dropping in to hear pitches from budding entrepreneurs who hope to win investments and expert business guidance from the Dragons.

Later in the series, Gary Neville makes a return, while the newbies include rapper and presenter Tinie Tempah, who

Sofia Barclay and Leo Suter

Trusted partners

DS Havers and DI Lynley tackle a **chilling case** in the season finale

LAST ONE CRIME DRAMA

Lynley

Monday, 8.30pm, BBC1

As BBC1's detective-drama reboot draws to a close this week, DI Thomas Lynley and DS Barbara Havers cement their status as a crime-solving force to be reckoned with.

In *Lynley*'s Season 1 finale, the body of a vulnerable teenager is found in an alley in Great Yarmouth, horrifying the mismatched sleuths and strengthening their determination to catch his murderer.

'This episode is where you really see them trusting each other,' reveals Sofia Barclay, who plays Barbara, in an exclusive interview with

WORDS: NICK CANNON, MICHAEL DARLING, IAN MACEWAN, RICHARD MCCLURE, ELAINE REILLY. PHOTOS: BBC, GETTY, ITV/SHUTTERSTOCK

Dragons Jenna Meek, Steven Bartlett, Deborah Meaden, Peter Jones and Susie Ma

has a portfolio of music and food-related businesses, and Susie Ma, a former candidate on *The Apprentice* who now owns a beauty brand.

First up, however, is Jenna Meek, who launched a festival cosmetics brand when she was 20 and is now CEO of beauty company REFY.

'I had never met Jenna before, but I knew about her business because of her stratospheric rise,' explains Meaden.

Among those facing the Dragons in the series opener are a business duo who are hoping to hit the spot with their plant-based beverage, and a former pharmacist with a women-only self-defence venture.

'It's probably the strongest year,' says Meaden. 'You can see that by the number of investments. And there's an absolute first for the series, which I am absolutely delighted about. I can't tell you what it is, but it's cracking!'

TV&Satellite Week. 'They start to respect each other through the work and their similar devotion to seeing justice done.'

Initially unaware that the case raises personal demons for them both, the investigation leads to a church with ties to a drug gang, and evidence comes to light about other unsolved murders with religious connotations.

PERSONAL PROBLEMS

When Barbara encounters the suspicious Reverend Gethyn Strong (James Northcote), she tells Thomas about her family being targeted by similar people after her brother's death. In turn, Thomas opens up about the untimely death of his own brother...

Daniel Mays as DCI Brian Nies

'They have this shared thing, and it's a binding force between them. It speaks to the difficulty of grief when someone dies young and there isn't any control,' explains Leo Suter, who plays Thomas. 'One of the things about being a detective is that you have some control on the chaos of a murder, because you get to solve it.'

Suspecting that a serial killer and police corruption are at play, the simmering tensions between Thomas and his boss DCI Brian Nies (Daniel Mays) come to a head. Meanwhile, the killer turns their attention to someone close to the aristocratic copper...

'At the end of the episode, it feels like there's so much more going on,' teases Suter. 'It would be wonderful to return for a second season.'

WHAT ELSE CAN I WATCH?

We search the TV schedules to uncover the shows you might have missed...

RuPaul's Drag Race UK Vs the World

NEW

Tuesday, 9pm, BBC3

Outrageous drag queens from around the globe, including Brits Sminty Drop and Zahirah Zapanta, strut their stuff for the ultimate *Drag Race* title. Alongside Mama Ru (above) and regulars Michelle Visage, Graham Norton and Alan Carr, guest judges include actors Will Poulter and Lucy Punch, and Bananarama's Sara Dallin and Keren Woodward.

The Repair Shop

NEW

Wednesday, 8pm, BBC1

As the series returns, first into the barn are sisters Carole, Pat and Alison from Shropshire, who bring a retro 1970s salon hairdryer that once belonged to their mum Dorcus and now requires the services of upholsterer Sonnaz (right), metalworker Dom and electrics whizz Mark. There's also a fascinating story behind a fragile silk rugby flag dating from a 1936 match between Ireland and England.

This Cultural Life

NEW

Friday, 11.15pm, BBC4

Pete Townshend (right), co-founder of rock band The Who, reflects on the influence of his musician parents on his career, and the formative experience of seeing US rock 'n' roll pioneers Bill Haley & His Comets. Also on Friday, BBC4 is re-airing two classic concerts, *The Who at the Electric Proms* (10.25pm) from 2006 and *The Who at Glastonbury* from 2007 (11.45pm).

Chateau DIY: Win the Dream

NEW

Monday-Friday, 5pm, C4

One lucky couple will win a French chateau worth up to £250,000 in this reality show spin-off that pits 12 pairs against each other in a high-stakes renovation battle. As they try to show they can turn the faded building into a viable business, there's intense pressure, tight deadlines and the risk of elimination as head judge Max McMurdo and the renovation experts set increasingly demanding challenges.

NETFLIX

prime

BBC iPLAYER

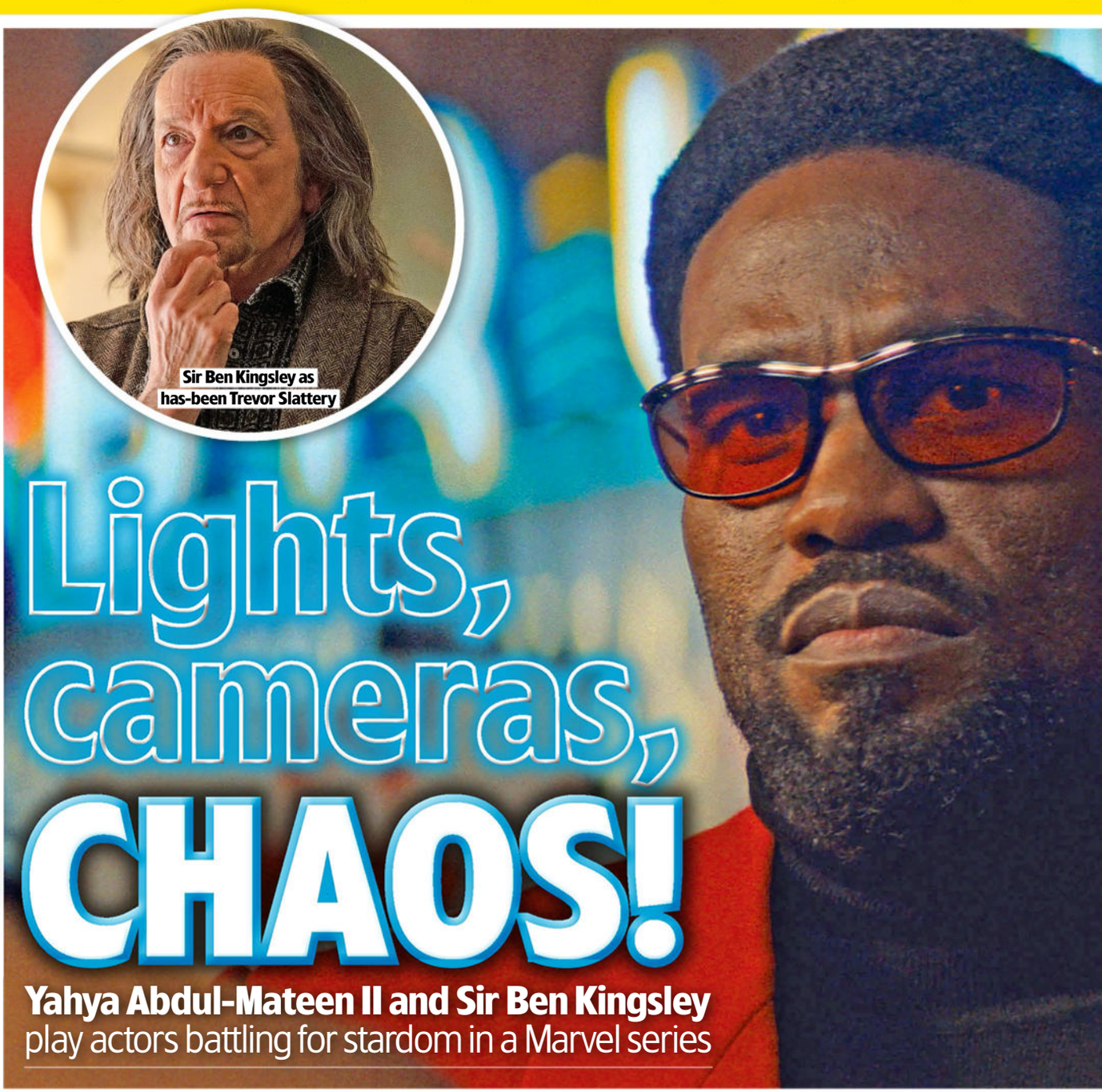
Disney+

4

sky box sets

NOW

tv



Sir Ben Kingsley as has-been Trevor Slattery

Lights, cameras, CHAOS!

Yahya Abdul-Mateen II and Sir Ben Kingsley play actors battling for stardom in a Marvel series

Disney+ Wonder Man

NEW *Available: Wednesday 28 January*
Genre: Superhero drama
Season: 1 Episodes: 8

A struggling, secretly superpowered actor joins forces with Hollywood's most flamboyant has-been in Marvel's new meta-comedy series that combines superheroics with sharp showbiz satire.

The eight-parter introduces chronically overlooked actor Simon Williams (Yahya Abdul-Mateen II), who runs into washed-up Liverpudlian luvvie Trevor Slattery (Sir Ben Kingsley, reprising his *Iron Man 3* role) after his latest cameo ends up being axed.

Trevor is back in Tinseltown hoping to revive his own career. But when he gives Simon the scoop on a remake of superhero movie *Wonder Man* and coaches him for auditions, can Simon keep his own superhuman abilities under wraps?

MEETING OF MINDS

'Simon is stuck doing day-player roles and is looking for his big break when he finds out about casting for his dream role in *Wonder Man*. He makes it his mission to land that role and develops a trusting, mentor-mentee friendship in Trevor. But Simon has a secret – he has superpowers…,' says Abdul-Mateen II, 39, who's also known for his superpowered roles in the Aquaman franchise and sci-fi series *Watchmen*, during an exclusive chat with *TV&Satellite Week*

'I had a great time working with Ben and loved putting the suit on for the first time. I tried to do a cool flick of my cloak, but caught it on my face and was flailing around. It was pure comedy.'

'I jumped up and down when I was asked to return to the role of Trevor'
SIR BEN KINGSLEY

The top cast includes Ed Harris as Simon's agent, Neal Saroyan, Zlatko Buric as director Von Kovak and Demetrius Grosse as Simon's brother, Eric Williams. Arian Moayed also reprises his *Spider-Man: No Way Home* character, the Department of Damage Control's Agent P Cleary.

The new series marks

Superpowered Simon Williams (Yahya Abdul-Mateen II)

Oscar-winning *Gandhi* star Kingsley's fourth outing as fan-favourite Trevor, who was first seen posing as the Mandarin in 2013 blockbuster *Iron Man 3* before reappearing in *Marvel One-Shot: All Hail the King* in 2014 and 2021 *Shang-Chi and the Legend of the Ten Rings*.

'I jumped up and down when I was asked to return to the role of Trevor. I'm very fond of him,' Kingsley, 82, tells us during a video call from the US. 'He's a rough diamond and we now find him in LA, hoping to make a name for himself when he takes Simon under his wing.

'Trevor is kind by nature, and he's an homage to some actors I've worked with. But Marvel takes some bold steps at satirising Hollywood with this series, and Yahya and I enjoyed slightly poking fun at the industry. It's a good yarn.'

What we're watching...

The shows being enjoyed by the *TVSW* team

NETFLIX Run Away

Genre: Thriller Season: 1 Episodes: 8

The latest Harlan Coben thriller has head-spinning twists and turns and strong performances from a top cast. James Nesbitt stars as Simon Greene, a father desperate to find his missing daughter Paige (Ellie de Lange), with Minnie Driver as his wife Ingrid. Simon's search leads him to cross paths with private detective Elena Ravenscroft (Ruth Jones), who is hunting for another missing person. Also in the mix are a pair of deadly assassins and two investigating cops.

itvX The Hunting Wives

Genre: Drama Season: 1 Episodes: 8

The term guilty pleasure was coined for this over-the-top show. Sophie O'Neil (Brittany Snow, right) arrives in Texas with her husband and is taken under the wing of wealthy Margo Banks (Malin Akerman).

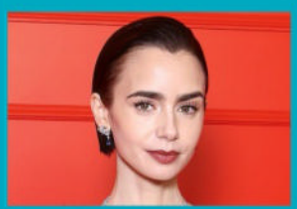
NETFLIX Ricky Gervais: Mortality

Genre: Comedy Episodes: One-off

This stand-up special from Ricky Gervais (right) is typically provocative as he tackles such topics as cancel culture, virtue signalling and who has the right to call someone else a gammon.

Now in production...

Three upcoming shows to look out for soon



NETFLIX Emily in Paris

Lily Collins (above) will reprise her role as spirited Emily Cooper in a sixth run of Netflix's romantic comedy, which will catch up with the marketing exec as we learn how her career is faring again in France – and whether she joined her ex Gabriel (Lucas Bravo) on a Greek trip.

prime Tomb Raider

In Prime Video's drama, penned by Phoebe Waller-Bridge and based on the video game about adventurer Lara Croft (Sophie Turner), Sigourney Weaver (above) will play Evelyn Wallis, who wants to use Lara's skills. Jason Isaacs and Celia Imrie co-star.

NETFLIX Black Mirror

Netflix's darkly comic drama anthology, by Charlie Brooker (above), will return for an eighth season. 'That chunk of my brain has already been activated and is whirring away,' says Brooker. 'I'll often think, "What haven't we done yet, and what tone am I looking for?"'

WORDS: CAREN CLARK; JUDY EWENS, REBECCA MAHONEY PHOTOS: ©2026 DISNEY & ITS RELATED ENTITIES, ©2026 MARVEL, GETTY, ITV, NETFLIX, PAY BURMISTON

Is **Jason Segel**'s grieving therapist ready to love again?

Segel (right) with Cobie Smulders (second from left) in *How I Met Your Mother*

Moving on

Shrinking

NEW *Available: Wednesday 28 January*
Genre: Comedy drama Season: 3
Episodes: 11 (released weekly)

As hit dramedy *Shrinking* returns for a third season, we find maverick therapist Jimmy Laird in a good place. He finally feels he's getting the hang of single-parenting his daughter Alice and has learnt to appreciate the intrusive yet unwavering support of his colleagues.

However, there's one step forward Jimmy refuses to take, and that's embracing love again after the death of his wife Tia.

'Privately, Jimmy is determined not to move forward – ever. It's like the best part of his life happened and his job now is to come to terms with that,' says Jason Segel, 46, who plays him.

Harrison Ford as shrink Paul

ROMANCE ON THE CARDS?

But Jimmy may find that decision is taken out of his hands when he reconnects with Sofi (Cobie Smulders), who sold him a car in the previous series and clearly feels a spark between them.

'The magic trick of casting Cobie is that she and I have known each other for 25 years,' says Segel of his *How I Met Your Mother* co-star. 'Sofi and Jimmy have known each other for an instant, but you feel 25 years of history between these strangers. So, when you present a chemistry that is undeniable, Jimmy is forced to move forward.'

HEALTH CHALLENGES

Meanwhile, as grumpy shrink Paul (Harrison Ford) struggles with his worsening Parkinson's symptoms, Hollywood star Michael J Fox, who has the condition in real life, guest-stars as Gerry, who is also living with the disease.

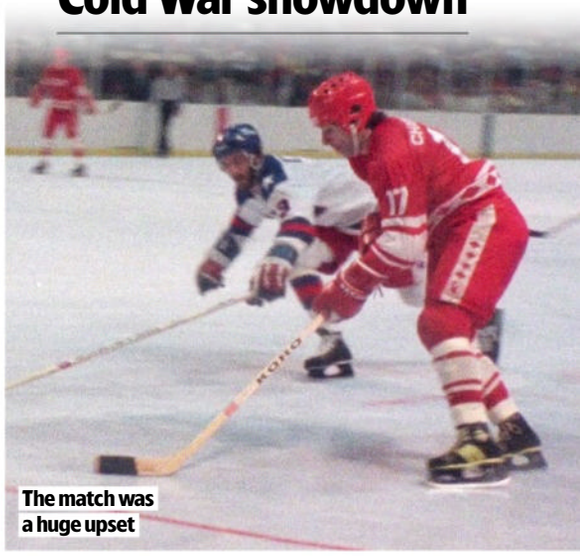
'Michael wanted to show a really unfiltered view of what Parkinson's looks like as it progresses,' says Segel. 'We try really hard to take that subject seriously and to do right by it, so having Michael there meant a lot to us.'

Also joining the show is *The Looming Tower*'s Jeff Daniels, who plays Jimmy's estranged father – and Segel feels the casting is perfect.

'I kind of steal Jeff Daniels' moves a bit. It's not intentional but I'm like Jeff 2.0,' he admits. 'There were scenes between us where I am mimicking him to show that I am his son – and I didn't have to do a thing!'

Blades of GLORY

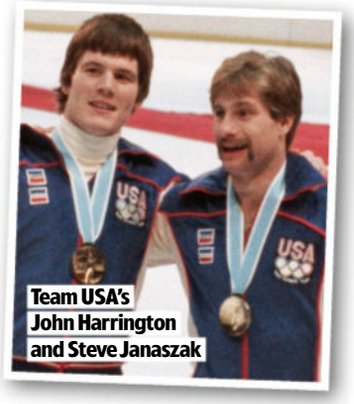
How the USA won an epic **Cold War showdown**



The match was a huge upset

NETFLIX Miracle: The Boys of '80

NEW *Available: Fri 30 January*
Genre: Documentary



Team USA's John Harrington and Steve Janaszak

With the Winter Olympics on the horizon, this timely one-off documentary revisits one of the most iconic sporting moments in Games history.

At the height of the Cold War, the 1980 Winter Olympics in Lake Placid saw a remarkable men's ice-hockey clash as the USA's team of rookies took on the mighty Soviet Union in what came to be known as the 'Miracle on Ice'.

The Soviets had claimed gold in four consecutive Games and were favourites to win again. The USA, by contrast, had the youngest team in the tournament, with an average age of 21, composed mostly of college students and amateur players.

Against the odds, the USA, coached by Herb Brooks, pulled off a huge shock, defeating the Soviets 4-3, before going on to claim gold by beating Finland in their final game.

Now, the remarkable underdog story is being told using archive footage and reflections from those who took part.

'Back then, the Soviets were together for 11 months out of the year. They vacationed together, practised together, trained together,' recalls former defender Bill Baker. 'Nobody really knew much about us. But we snuck up on everybody.'

WORDS: CAREN CLARK, NATASHA HOLT, VICTORIA WILSON. PHOTOS: APPLE TV, BBC, C4, NETFLIX, SKY, CBS

Gary Barlow, Howard Donald, Mark Owen, Robbie Williams and Jason Orange in the 1990s

Everything changes

Take That look back on their greatest days...

NETFLIX Take That

NEW *Available: Tuesday 27 January*
Genre: Documentary Season: 1 Eps: 3

With No 1 hits and sell-out shows spanning more than three decades, Take That are one of the UK's most successful bands.

Now, their epic 35-year journey is explored in a new three-part documentary using concert footage and personal videos, plus fresh interviews with the current line-up – Gary Barlow, Mark Owen and Howard Donald – and archive chats with original members Jason Orange and Robbie Williams.

Here, Barlow, 55, tells us more…

What can fans expect to see in the documentary? This series shares each of our perspectives on the 35 years we've been together – from our shaky start and the No 1s to the years we took off and our comeback. It tells the Take That story in a real way.

We hear the documentary features some of Howard Donald's old camcorder footage... I'd forgotten a lot of those smaller moments when we were together as a band, so it was nice to remember them again. It's amazing that Howard kept all that stuff.

Is there anything that you think will genuinely surprise fans? It might have seemed to some people like there was always drama in the early days, but it wasn't like that. We've all had our moments, we're human, but this band really is made up of good people.

We see footage of the band's entire career – if you could relive one moment of the time covered in the series, what would it be? The Circus Live tour in 2009 was such a spectacle – very little comes close to how it felt standing on the back of that giant elephant as it lifted above the audience. On our 2026 tour, I'll be living for that moment every night.

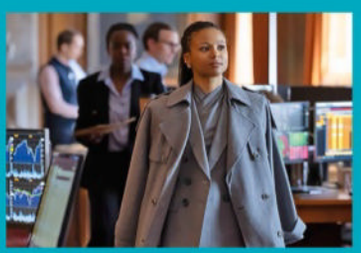
Looking back over the past 35 years, are there any achievements you are particularly proud of? Everything that's happened since reuniting in 2006 makes me proud. The story of the band has continued through our music, and that's not easy to achieve a second time. But after Jason left in 2014 [after retiring from the music industry], something told me: 'It's all going to be all right.'

EVERYONE'S TALKING ABOUT...

We point you towards the TV moments you won't want to miss on catch-up

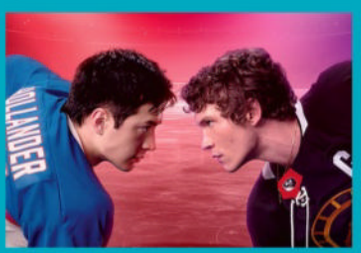
sky box sets NOW Rob & Romesh Vs Team GB: Winter Special

Ahead of the Winter Olympics, the comics put themselves to the test on Sky Max and Sky Showcase, as they to learn to bobsleigh.



BBC iPLAYER Industry

The return of BBC1's banking drama sees Harper Stern (Myha'la, above) become disillusioned with her seemingly high-powered new job working for a financier, so she offers to go into business with ex-mentor Eric Tao (Ken Leung).



sky box sets NOW Heated Rivalry

Sky Atlantic's drama follows Canadian ice-hockey star Shane Hollander (Hudson Williams) and his fiercest competition, Russian Ilya Rozanov (Connor Storrie), embarking on a secret romance.

4 David Baddiel: Cat Man

In C4's celebration of all things feline, the comedian and writer (above) meets up with Larry the Downing Street cat, while he also chats to fellow moggie-lovers Jonathan Ross and Ricky Gervais.

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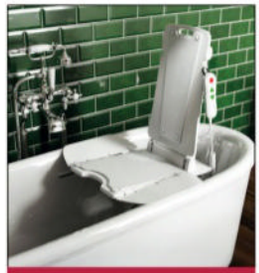

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Hull, Anlaby Trade Park HU10 6RJ
Leeds, Spence Lane LS12 1EF
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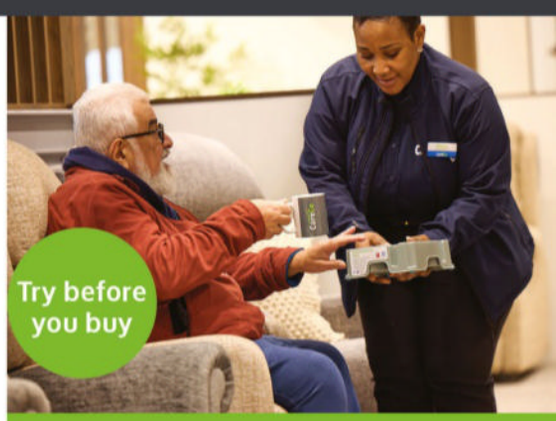

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Pick of the new releases

The best new shows to enjoy this week on streaming services...

Timelesz Project -Real-
Saturday 24 January

Japanese reality show following the journey of the eight members of boy band timelesz as they set out on their first arena tour and prepare for their biggest stage yet – a stadium concert.

Gossip Girl
Sunday 25 January

All six seasons of the US drama from 2007 to 2012, plus both series of the 2021–2023 revival. The original series centres on a group of privileged teenagers at a prestigious New York high school. When intimate details of their private lives are revealed by a blogger using the pseudonym Gossip Girl, the search is on to uncover the writer's identity.

Mike Epps: Delusional
Tuesday 27 January

Stand-up special from American comedian Mike Epps. He shares unfiltered stories of how a little delusion and a lot of hustle made him a star.

Take That
Tuesday 27 January

Docuseries. Gary Barlow, Howard Donald, Mark Owen, Jason Orange and Robbie Williams reveal the highs and lows of being in one of the UK's most successful bands of all time, from their beginnings in 1990 and becoming pop superstars to their dramatic split and sensational comeback. Featuring never-before-seen footage. See feature, page 17.

Shrinking
Wednesday 28 January

Michael J Fox and Jeff Daniels join the third run of the comedy drama. Daniels plays the estranged father of grieving therapist Jimmy Laird (Jason Segel), while Fox, who was diagnosed with Parkinson's disease in 1991, has a storyline linked to that of Jimmy's colleague, Dr Paul Rhoades (Harrison Ford), who is also living with the condition. See feature, page 16.

Ariel – The Little Mermaid
Wednesday 28 January

The second run of the animated series revolving around eight-year-old mermaid princess Ariel as she embarks on fun-filled, action-packed adventures in the underwater kingdom of Atlantica.

Wonder Man
Wednesday 28 January

Superhero drama based on the Marvel character. Yahya Abdul-Mateen II stars as aspiring actor Simon Williams, who, unaware of his superpowers, auditions for the lead role in the remake of a Wonder Man film. Also auditioning is Trevor Slattery (Sir Ben Kingsley), an actor previously hired to portray the Mandarin, the leader of the Ten Rings criminal organisation. See feature, p14.

The Pushover
Friday 30 January

Danish drama from Walter Presents. In an upscale neighbourhood, a woman is found drowned in a pool. Suspicion falls on her boyfriend, Tom, a con artist and Tinder-swindler. When he unexpectedly turns himself in, Tom admits to fraud, but insists that his girlfriend's death was an accident. Experienced investigator Morten Stark is convinced he's lying and plays a risky game to prove it.

Scenes after a Marriage
Monday 26 January

Swedish drama. Recently separated Lovis (Eva Röse) and Kian (*Lockerbie: A Search for Truth*'s Ardalan Esmaili) have shared custody of their children, and when it's time to drop them off, the couple meet at a roadside restaurant. During these encounters, they each begin to re-evaluate their choices, dreams and feelings for each other. Is it too late to give their marriage a second chance?

The Wrecking Crew
Wednesday 28 January

Action comedy. Two estranged half-brothers – loose-cannon cop Jonny (Jason Momoa) and disciplined Navy SEAL James (Dave Bautista) – are forced to reunite after their father's mysterious death in Hawaii. As they set out to uncover the truth, secrets surface and loyalties are tested...

School Spirits
Wednesday 28 January

In the third season of the supernatural drama, Maddie (Peyton List) returns to the living world but struggles with terrifying visions and the weight of protecting both the living and the dead, while Simon (Kristian Ventura) is trapped in the afterlife. As the ghosts uncover dark secrets about Split River High and why so many people die there, new dangers emerge.

A Letter to My Youth
Thursday 29 January

Indonesian drama. A rebellious teenager and a reserved caretaker form an unlikely bond in an orphanage as they come to terms with their painful pasts.

Bridgerton
Thursday 29 January

The second Bridgerton son Benedict (Luke Thompson) takes centre stage in the first part of the fourth season of the romantic drama. Benedict is loath to settle down until he meets the mysterious Lady in Silver at his mother's masked ball, unaware that she is actually a resourceful maid. See feature, page 6.

Miracle: The Boys of '80
Friday 30 January

Documentary telling the underdog story of the rookie US ice-hockey team winning gold at the 1980 Winter Olympics. See feature, page 16.

Yo Gabba GabbaLand!
Friday 30 January

The second run of the animated kids' series welcomes back Kammy Kam and the Gabba characters. They are joined by special guests to help children and their families learn life lessons through song, dance and joyful discovery.

Devil in Disguise: John Wayne Gacy
Friday 30 January

True-crime drama about one of America's most notorious serial killers. From 1972 to 1978, John Wayne Gacy kidnapped, tortured and murdered more than 30 young men in Chicago, Illinois. See feature, page 7.

WORDS: JUDY EWENS. PHOTOS: VIAPLAY, C4, NETFLIX

Myrie with (from left) Princess, Jabu and Winnie in Cape Town

AFRICA uncovered

Clive Myrie crosses the continent to explore its fascinating culture

Car spinning in Soweto

A lesson at the surf school

NEW TRAVELOGUE

Clive Myrie's African Adventure

Monday-Friday, 6.30pm, BBC2 (box set, BBC iPlayer)

Having already explored the Caribbean and Italy for his previous travelogues, this time Clive Myrie's destination is Africa, where he was based in Johannesburg as a BBC correspondent more than 20 years ago.

'I've always wanted to come back and explore Africa more deeply and show a side that we rarely see on TV,' says the BBC newsreader and *Mastermind* host.

The 10-episode series sees him delve into the culture of South Africa, Ghana, Morocco and Nigeria and immerse himself in an array of activities involving food, fashion, football, art and music.

Here, in an exclusive interview, Myrie, 61, talks us through his highlights....

You join in with all kinds of activities during your African travels. What did you enjoy most? I went to a special surf school in Durban, South Africa, which is an amazing initiative set up for homeless and disadvantaged children to keep them off the streets and teach them surf skills. It transforms lives. I had never surfed before and I loved it so much that I want to do more.

You also experience the craze of 'car spinning' in Soweto. Are you a bit of a secret adrenaline junkie? I can definitely handle a bit of excitement. Car spinning began as an illegal craze during apartheid and is now a popular sport. People compete to do doughnuts. The young lady who was driving the car I was in was amazing behind the wheel, so I felt very safe.

Visiting a smoked fish market in Ghana

What were some of your other highlights? Watching the Master Musicians of Joujouka in Morocco was incredible. They have played with The Rolling Stones. Their music involves drumming, pan pipes and gains a trance-like momentum. I even got to sleep in the room where Stones guitarist Brian Jones stayed when the band was out there.

Africa has amazing wildlife. What did you encounter? I went to a game reserve in South Africa, where I spent time with an anti-poaching team. I saw rhinos, giraffes, zebras and I watched a hippo emerge from the water, open its jaws wide in a huge yawn and then disappear again. You realise just how untouched a lot of Africa is. Man hasn't desecrated it all. Being based in London full-time, it was nice to have the opportunity to see the world in its natural state.

What souvenirs did you bring back? I bought some lovely tie-dyed fabric from Nigeria and some baskets with leather handles from Ghana, plus artwork from Nigeria. I always try to get souvenirs that I know are going to last a long time and that I'm going to use or look at again and again.

WORDS: HANNAH DAVIES, TESS LAMACRAFT, IAN MACEWAN. PHOTOS: BBC, C4, U&DAVE, RNLI

Post Office: Who's to Blame?

Monday, 8pm (times vary), BBC1

The scandalous treatment of hundreds of postmasters wrongly accused of theft by the Post Office because of faulty software has been well covered in the press. But with the public inquiry due to conclude this year, will anyone be held to account? *Panorama* reporter Andy Verity (above) investigates.

Confessions of a Killer

Sun, 9pm, BBC2 (box set, BBC iPlayer)

In January 2009, Colin Howell (above, left) walked into a police station in Northern Ireland and confessed to killing his wife Lesley and his ex-lover's policeman husband Trevor 18 years earlier. This two-parter uses unheard audio recordings of Howell to tell the story of the case and why Howell belatedly chose to admit his guilt.

Mission to Space with Francis Bourgeois

Sunday, 6.50pm, C4 (box set, Channel 4 Streaming)

In a two-parter narrated by Sir Stephen Fry, we follow trainspotting social-media sensation Francis Bourgeois (above) as he tries to realise his dream of becoming an astronaut. His training includes experiencing zero gravity in a centrifuge and a trip to Boston, where he struggles to handle a simulated medical emergency. Will he make the grade?

999: What Happened Next

Tuesday, 10.05pm, C4 (box set, Channel 4 Streaming)

Cameras follow front-line detectives as they investigate complex crimes across the UK. In the first of four episodes, police in Suffolk receive a 999 call from a man claiming to have confronted a thief outside his home. When officers arrive, the alleged burglar lies dead nearby…

Inside the Factory

Tuesday, 8pm, BBC1

The Kellogg's factory in Wrexham covers an area bigger than seven football pitches and produces 120 million boxes of cereal every year. This week, Paddy McGuinness sees how breakfast cereal Special K is made, while Cherry Healey (above) harvests wheat for the factory and Ruth Goodman reveals the history of the stainless-steel spoon.

Guy Martin

All at sea

Guy Martin tests his mettle as an RNLI volunteer…

NEW FACTUAL

Guy Martin: Proper Jobs

Sunday, 8pm, U&Dave (box set, U)

What does it really take to work as a deep-sea miner, a dairy farmer or an HGV-recovery driver? Motorcycle racer turned TV presenter Guy Martin aims to find out in the second four-part outing of his *Proper Jobs* series on U&Dave, as he tries more of Britain's most challenging trades and learns from the everyday heroes who do them.

He's in at the deep end in this week's first episode when he joins the volunteer RNLI crew at the busy Humber Lifeboat Station near his home town of Grimsby.

'Just to be part of this selfless operation, donating your own time and effort to help other people, I thought, "I'd like to do that,"' says Martin, 44.

But the work is demanding. Not only must he be on call 24 hours a day for six days straight, but the volunteers constantly put their lives on the line. In the RNLI's 200-year history, more than 600 lifeboat crew have died on the job.

Martin's first test is a training exercise where he gets to helm a £2 million, 60ft lifeboat, before testing himself in a real call-out when a small motorboat gets stranded in a shipping lane and needs towing back to shore.

LIFESAVER

Normally, volunteers must train for months before being signed off to take part in a real-life rescue, but the crew happily put their faith in Martin.

'I'd gone through two days of basic training, so I'd probably done enough to have the boxes ticked for Health and Safety to allow me to do it. It was great!' he says.

He later takes part in a joint RNLI and Coastguard training mission, simulating a complex rescue that involves lifting two casualties from a stricken vessel by helicopter.

And by the end of filming, he's seriously considering signing up to continue his work as a volunteer.

'It was an adventure out on the Humber, and I like the idea of being part of that team,' he says. 'I want to help other people – I think it's contagious.'

An RNLI lifeboat

Films Our pick of this

The RUNNING Man

MOVIE OF THE WEEK

It's game on for **Josh Brolin**, **Colman Domingo** and **Glen Powell**

SCI-FI THRILLER

Available now, buy or rent from digital stores including Prime Video and Sky Store

★★★

Director Edgar Wright delivers a pumped up, scathingly satirical screen version of Stephen King's bleakly dystopian 1982 novel in which an everyman hero battles to survive a deadly reality-TV competition. King's eerily prescient book was set in 2025 and its depiction of a US dominated by venal corporations is today all too close to home.

Glen Powell plays the story's downtrodden protagonist, Ben Richards (played by Arnold Schwarzenegger in the 1987 adaptation), who reluctantly enters the $1billion contest of the title in the hope of raising the money to save his sick daughter. Alongside two fellow contestants, however, he must survive 30 days while being hunted by a team of professional killers led by Lee Pace's relentless masked assassin. The film's first two thirds barrel along with brisk gusto and anarchic humour.

The plotting gets shakier towards the end (the climax finds Ben fighting off assassins on board a hurtling jet), but Wright's film-making panache and Powell's megawatt Ordinary Joe charisma still propels the film through the more wobblier patches. Colman Domingo and Josh Brolin have lots of dastardly fun playing the show's host and its producer, while Emilia Jones makes an impact, too, as a young woman Powell kidnaps. 2025, 15, 108MIN

STAR RATINGS ★★★★★ **Excellent** ★★★★ **Very good** ★★★ **Good** ★★ **Average** ★ **Poor**

WORDS: JASON BEST, REBECCA MAHONEY, NIGEL PIZEY, HEIDI RICE

More premieres and Day by Day planner ›››

week's Best Movies

Friendly fire: Matt and Ben

CRIME THRILLER

The Rip

Available now, Netflix ★★★★

Hollywood's best-known BFF duo, Matt Damon and Ben Affleck, reunite to produce and star in this true-events-inspired thriller. Lieutenant Dane Dumars (Damon) and his Tactical Narcotics Team are grappling with the murder of a colleague when a tip-off leads to a derelict stash house, with Dane and his second-in-command, Detective Sergeant JD Byrne (Affleck) discovering more than $20million in cash... Steven Yeun, Teyana Taylor and Catalina Sandino Moreno round out the cops, while outside forces include Kyle Chandler as a DEA agent and Scott Adkins as JD's FBI agent brother. While 'Mattfleck' might be the initial draw, shifting question-marks over who to trust or doubt among the seemingly salt-of-the-earth ensemble transcends this beyond a straightforward hardboiled heist. 2025, 15, 112MIN

Choirmaster at arms: Ralph

PERIOD DRAMA

The Choral

Available now, buy or rent from digital stores including Prime Video and Sky Store ★★★

German-loving, an atheist and also gay, Ralph Fiennes' conductor is persona non grata in the Yorkshire mill town where he lives in 1916, until conscription forces the local powers that be to draft him in as the new choirmaster to lead the Choral society's production of Elgar's *The Dream of Gerontius*. Alan Bennett's deft if predictable script intersperses comedy with tragedy as it looks at the grim impact of World War One on the home front. Alun Armstrong and Mark Addy pad out an accomplished cast, Fiennes gives a typically thoughtful and thought-provoking performance as the exacting new choirmaster but it's the soaring music itself – and the lilting vocals of Amara Okereke's Salvation Army girl – which make this drama sing. 2025, 15, 108MIN

SCI-FI DRAMA

Xeno

Sunday, 6.25am & 7.05pm, Sky Premiere ★★★

Think of *E.T.* but with teeth and you have a decent handle on *Xeno*, as a lonely 15-year-old girl (Lulu Wilson) discovers and bonds with a monstrous, deadly alien out in the New Mexico desert, trying to shield it from government forces (personified by a zealous Omari Hardwick). Wilson, best known as the psychotic hero of the *Becky* movies, is superb, holding together this tonally inconsistent drama, helped by a beast created entirely by practical effects (no CGI here). The pair make for an engaging and intriguing double act. 2025, 15, 103MIN

Down boy: Lulu and her pet alien

Killing time: Ana

ACTION THRILLER

Ballerina

Available now, Prime Video ★★★

Four years on from her scene-stealing turn in *No Time to Die*, Ana de Armas is back in action in this spin off from the *John Wick* franchise. *Ballerina* provides plenty of expertly choreographed mayhem, even if it can't recapture the original's bizarrely left-field wit. De Armas is out to avenge her father's death at the hands of Gabriel Byrne's cult-like leader and some familiar characters reappear and play a part in her journey, but it is de Armas who has to carry the action. She does so with dazzling panache, as the film comes up with ever more inventive weapons for her to mow down her foes. 2025, 15, 125MIN

Films

In a tight spot: Liam

COMEDY

The Naked Gun

Friday, 9.10am & 8pm, Sky Premiere ★★★★

The perfectly cast Liam Neeson and Pamela Anderson prove game for a laugh in this relentlessly silly revival of the hit 1980s/1990s cop comedy series. Neeson's two-decade run of playing hard-bitten action heroes gives an extra comic spin to his role here as blundering LA detective Frank Drebin Jr, son of Leslie Nielsen's bungling officer in the original films. And Anderson's blonde bombshell past makes her a good fit for her femme fatale character, true-crime author Beth Davenport.

The plot that brings them together – Beth's brother has been murdered by Danny Huston's evil tech billionaire – is decidedly ramshackle, but it holds up well enough to support a stream of goofy sight gags, dopey puns and loopy crime-film parodies.

Some jokes fail to land, but there are enough to keep us chuckling and the best have a puerile genius, as when Drebin, struggling in a club to invent a fake name for Beth, takes his cue from what he can see around him and comes up with 'Miss Cherry Roosevelt Fat Bozo Chowing Down on Spaghetti'. It's worth staying through the end credits, where the usual stingers await and a string of daft but clever jokes are hidden in the credits themselves. 2025, 15, 85MIN

Hidden gems Great movies you might have missed...

ROMANTIC COMEDY

The Big Sick

Prime Video ★★★★

Based on the fraught courtship of Kumail Nanjiani and Emily V Gordon, this unusual film gives the romcom genre a welcome shot in the arm. Pakistani-American stand-up comedian and part-time Uber driver Kumail plays himself, while Zoe Kazan plays Emily, a postgraduate student when they first get together after she heckles him at a gig. Adroitly balancing seriousness and humour, this is a heartfelt, touching and very funny film. 2017, 15, 117MIN

THRILLER

The Killer

Netflix ★★★★

A perfectionist never without a fine playlist, the assassin at the centre of David Fincher's thriller seems a man after the filmmaker's own heart. It follows Michael Fassbender's unnamed agent of death as he outlines the discipline required to off a mark and melt back into a city. But when a gig goes south, he finds himself hunted and breaking his own rules. Fincher has fun with the genre, loading his narrative with cool needle drops and Bondian ingenuity. 2023, 15, 118MIN

DRAMA

Paterson

BFI Player & Mubi ★★★★★

Nothing much happens in Jim Jarmusch's movie about a week in the life of a poetry-writing bus driver. Adam Driver drives his daily route; jots his verse in a notebook; walks his dog; has a beer in his local bar; and returns home to his wife, Laura (Golshifteh Farahani). Yet attune yourself to the film's rhythms and you will encounter a gently comic, slightly melancholy, touchingly tender celebration of the poetry of everyday life. A quiet masterpiece. 2016, 15, 118MIN

Saturday 24 January

WAR DRAMA

The Zone of Interest

9.45pm, C4 ★★★★★

Sex ●●● Violence ●●● Language ●●●

This haunting Holocaust film views the horrors of Auschwitz from the perspective of real-life commandant Rudolf Höss (Christian Friedel) and his family who live in a house just outside the camp. His wife, Hedwig (Sandra Hüller), is delighted with the set up, with plenty of room and a spacious garden for their five children; even the barbed-wired walls around the house are not of any real concern. But from the chimneys spewing out smoke and steam trails indicating an incoming train, director Jonathan Glazer's challenging and troubling drama plays on our knowledge of a grim chapter of history that cannot be forgotten. Subtitled. 2023, 12, 105MIN

Over the wire: Sandra

FAMILY COMEDY

Pokémon: Detective Pikachu

12.20pm, Sky Family ★★★

Sex ●●● Violence ●●● Language ●●●

In neon-washed Ryme City, where humans and Pokémon live side by side, Tim (Justice Smith) investigates the reported death of his estranged detective father with the man's former Pokémon partner, Pikachu (voiced by Ryan Reynolds). It is when Pikachu opens his mouth that the film really scores, with Reynolds channelling a family-friendly version of his Deadpool persona to chucklesome effect, while the menagerie of creatures popping up amid the jokes will delight devoted Pokémon fans. 2019, PG, 104MIN

SCI-FI ACTION

Lucy

9.45pm, ITV1 ★★★

Sex ●●● Violence ●●● Language ●●●

Kicking off with the (thoroughly debunked) notion that humans use only 10% of the brain's capacity, this enjoyably ludicrous movie has Scarlett Johansson getting to deploy the other 90%. An expat in Taiwan, she's forced into becoming a drug mule and turns from dupe into superhuman ass-kicker when the new mind drug leaks into her bloodstream. As her brainpower increases, the film fires off shoot-outs, a blistering car chase through Paris and dollops of cod science from Morgan Freeman's eminent biologist before getting even weirder... 2014, 15, 89MIN

SPORTS BIOPIC

Rush

11.55pm, BBC1
(12.55am Scotland) ★★★★

Sex ●●● Violence ●●● Language ●●●

This slick, exciting movie is set in the dangerous days of 1970s Formula 1 racing, focusing on devil-may-care Brit James Hunt and his dour rival, Austrian Niki Lauda. Hunt, played with cavalier swagger by a perfect Chris Hemsworth, cavorts about on the eve of a race, as Lauda (an equally excellent Daniel Brühl) works with his mechanics. While the film doesn't delve too deeply, writer Peter Morgan and director Ron Howard get terrific mileage from these contrasting personalities and the races are electrifying. 2013, 15, 122MIN

COMEDY THRILLER

Lake George

3.10am, Sky Cinema Comedy ★★★★

Sex ●●● Violence ●●● Language ●●●

Just out of prison, down-on-his-luck Shea Whigham is forced into 'taking care' of a mobster's ex-girlfriend, Carrie Coon. Trouble is, Whigham isn't that kind of criminal – and Coon has a few tricks up her sleeve. With its twisty plot, eccentric characters and lively script, this dark crime comedy is tight, well paced and unexpected. And with the always wonderful Whigham and Coon and their terrific rapport, writer-director Jeffrey Reiner has fashioned a hugely enjoyable caper. 2024, 15, 108MIN

■ Full listings start on p35

Sunday 25 January

SCI-FI SATIRE

Mickey 17

3.40pm, Sky Sci-Fi/Horror ★★★

Sex ●●● Violence ●●● Language ●●●

As a luckless loser sent into outer space, Robert Pattinson is terrific in this bizarre film. His ill-fated Mickey signs up for a recklessly stupid space mission led by a narcissistic buffoon (Mark Ruffalo), little realising that his job is that of an expendable worker put into fatally perilous jobs and then cloned when he inevitably dies. Then Mickey 17 unexpectedly survives, only to discover that Mickey 18 has already been created. Director Boon Joon Ho's swingeing anti-capitalist satire is messy, scattershot and too long, and some of the supporting cast go way over the top, but Pattinson is wonderfully funny and surprisingly touching. 2024, 15, 137MIN

Taking the Mickeys: Robert

CRIME COMEDY

Greedy People

6am, Sky Thriller ★★★★

Sex ●●● Violence ●●● Language ●●●

Two cops (Joseph Gordon-Levitt and Himesh Patel) stumble on the set-up for a spousal hit in this consistently agreeable Coen Brothers-lite comedy thriller. The duo make off with a stash of cash that becomes the driving factor in a story where the bodies – and laughs – start piling up. The stars are on top form and standouts among the fine supporting cast are Lily James as Patel's pregnant wife and Tim Blake Nelson, ace as the shrimp magnate whose plan to bump off his wife (Traci Lords) sets in motion the bloody chain of events. Good, grimy fun. 2024, 15, 112MIN

THRILLER

The Sum of All Fears

10pm, BBC2 (not NI) ★★★★

Sex ●●● Violence ●●● Language ●●●

An Israeli atom bomb goes missing during the 1973 Arab-Israeli War and then, almost 30 years on, a terrorist network acquires it... This exciting adaptation of a Tom Clancy story delivers top-dollar thrills in its depiction of just how fraught decision-making can be in Washington DC. Ben Affleck follows in the footsteps of Alec Baldwin and Harrison Ford as CIA analyst Jack Ryan, who tries to avert a war by proving that the nuke was sneaked onto US soil by neo-Nazis (led by Alan Bates) and not the Russian premier (Ciarán Hinds). 2002, 12, 119MIN

WESTERN

Never Grow Old

11.40pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

This gritty, dour western stars Emile Hirsch as an Irish undertaker whose business thrives after John Cusack's murderous outlaw and his gang take over his frontier town. But when one of Cusack's men takes a shine to Hirsch's wife (Déborah François), he feels forced to take a stand. Irish writer-director Ivan Kavanagh successfully combines familiar genre archetypes with a mood of convincingly grim realism, and he gets excellent performances from Hirsch as the unassuming hero and Cusack as his unashamedly evil nemesis. 2019, 15, 100MIN

CRIME DRAMA

Looted

11.55pm, BBC2 (not NI) ★★★★

Sex ●●● Violence ●●● Language ●●●

Writer-director Rene van Pannevis' semi-autobiographical drama centres on Rob (Charley Palmer Rothwell), who's trying to keep his two worlds of carer and carjacker separate. This Brit drama has pacing issues, but it's strong on character relationships, especially between Rob's ailing dad (Tom Fisher) and Polish immigrant Kasia (Morgane Polanski), whose delicate friendship brings heart and humanity to the film. A witty and well-acted drama co-starring Thomas Turgoose. 2019, 15, 89MIN

■ Full listings start on p45

Weekday movies over page

Films Weekday movies

Monday 26 January

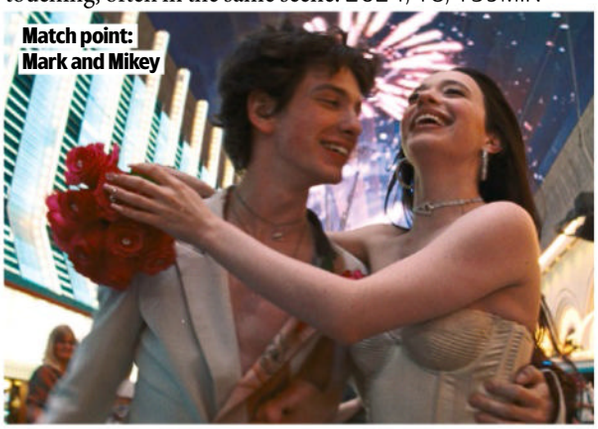
ROMCOM

Anora

12.05am, Sky Drama ★★★★★

Sex ●●● Violence ●●● Language ●●●

Lap dancer Anora (Mikey Madison) and a Russian oligarch's spoilt son, Ivan (Mark Eyldelshteyn), impulsively wed in Las Vegas, so his outraged family sets out to get the marriage annulled. Writer-director Sean Baker's insightful, empathetic film is a triumph, swinging between blisteringly funny farce and heartrending drama. At its heart is the astonishing Madison, who manages to be opportunistic and naive, resilient and vulnerable and hilarious and touching, often in the same scene. 2024, 18, 139MIN



Match point: Mark and Mikey

BLACK COMEDY

Psycho Therapy

10.40am, Sky Cinema Comedy ★★★★

Sex ●●● Violence ●●● Language ●●●

The full title of this wickedly dark comedy cheekily sums it up – *Psycho Therapy: The Shallow Tale of a Writer Who Decided to Write about a Serial Killer*. Novelist John Magaro is approached by ex-serial killer Steve Buscemi to write about his exploits and methodology, but things get complicated when Magaro's wife (Britt Lower) thinks that Buscemi is their marriage counsellor – and her husband is out to kill her. 2024, 15, 102MIN

BIOPIC

One Life

9pm, BBC2 ★★★★

Sex ●●● Violence ●●● Language ●●●

In 1988, BBC's *That's Life!* featured an unsung hero, stockbroker Nicholas Winton, who, on the eve of World War Two, helped save 669 Jewish children in Czechoslovakia from the Nazis. What happened on the programme is a real tear-jerker, but that's just part of a finely crafted film that renews one's faith in humanity. As the younger and older Winton, Johnny Flynn and Anthony Hopkins both play a blinder. 2023, PG, 109MIN

COMEDY BIOPIC

Fighting with My Family

11.05pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Director Stephen Merchant pins us to the mat with a big-hearted comedy about wrestling star Paige and her extraordinary grappling-mad Norwich family. Florence Pugh is a knockout as the self-doubting hero, as are Nick Frost and Lena Headey as her eccentric parents. Dwayne 'The Rock' Johnson cameos as himself, adding another splash of larger-than-life colour to a rowdy tale. 2018, 12, 108MIN

SCI-FI COMEDY

Y2K

1.05am, Sky Cinema Comedy ★★★

Sex ●●● Violence ●●● Language ●●●

Teens Jaeden Martell, Julian Dennison and Rachel Zegler attend a New Year's Eve bash to welcome in the year 2000, but the Y2K bug hits, making computers sentient – and angry... A dopey but fun 'what if' riff based on a time when folks really were scared that 1999 turning to 2000 would end us. The practical effects are a nice touch, too. 2024, 15, 91MIN

■ Full listings start on p55

Tuesday 27 January

HORROR MYSTERY

Knock at the Cabin

9pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Vacationing in a woodland holiday home, Jonathan Groff, Ben Aldridge and their daughter (Kristen Cui) are visited by four strangers (Dave Bautista, Rupert Grint, Abby Quinn and Nikki Amuka-Bird). Brandishing weapons and brought together by horrifying visions, they present the family with a deadly task that will save humanity. With compelling performances and a juicy plot (based on Paul Tremblay's *The Cabin at the End of the World*), this dizzying thriller is M Night Shyamalan's best film in years. 2022, 15, 100MIN

Stranger danger: Abby, Dave and Rupert

COMEDY ADVENTURE

The Book of Clarence

Starts Sat, Netflix ★★★

Sex ●●● Violence ●●● Language ●●●

This fun biblical parody entertains in its story of deadbeat Clarence (LaKeith Stanfield) trying to dodge a debt by attempting to become Jesus' 13th apostle and, when that fails, setting out his stall as a messianic miracle-worker. Writer-director Jeymes Samuel has a ball creating Roman Judea and Stanfield makes a charismatic lead, but the tone veers unevenly from anarchic gusto to po-faced reverence. 2023, 15, 124MIN

THRILLER

Night Call

12.35pm & 10.40pm, Sky Drama ★★★★

Sex ●●● Violence ●●● Language ●●●

Set over a single night, this cracking Brussels-based thriller sees locksmith Jonathan Feltre fall foul of Romain Duris' drug cartel. Tricked by Natacha Krief into breaking into a criminal's apartment so she can steal the swag inside, Feltre has until the end of the night to find the loot, or die... Writer-director Michiel Blanchart's film is familiar, but he injects a kinetic energy into the action that propels it brilliantly. Subtitled. 2024, 15, 97MIN

THRILLER

Red Dragon

5.45pm, Sky Thriller ★★★

Sex ●●● Violence ●●● Language ●●●

Previously filmed by Michael Mann as *Manhunter* in 1986, this is a slick adaptation of Thomas Harris' novel. Anthony Hopkins is cannibal Hannibal Lecter and Edward Norton's the FBI man who needs his help to catch a serial killer (Ralph Fiennes). Emily Watson and Philip Seymour Hoffman also make their roles count, but the film belongs to a lip-smacking Hopkins, slicing the menacing ham to his final line that's worth waiting for. 2002, 15, 124MIN

COMEDY DRAMA

The Angels' Share

12.20am, Sky Drama ★★★★

Sex ●●● Violence ●●● Language ●●●

In Glasgow, a young offender (Paul Brannigan) is introduced to whisky thanks to his community supervisor John Henshaw and hatches a loopy get-rich-quick scheme involving fellow delinquents William Ruane, Jasmin Riggins and Gary Maitland and a cask of prized single malt whisky. The plot's far-fetched, but the film is spirited, whimsical and very funny. 2012, 15, 101MIN

■ Full listings start on p65

Wednesday

FANTASY DRAMA

The Life of Chuck

On now, Netflix ★★★★

Sex ●●● Violence ●●● Language ●●●

Told in three chapters and narrated by Nick Offerman, this profound, life-affirming movie from writer-director Mike Flanagan (based on a Stephen King story) unfolds back-to-front as it charts the life of Tom Hiddleston's

THRILLER

Six Minutes to Midnight

6am & 4.05am, Sky Brit Hits ★★★

Sex ●●● Violence ●●● Language ●●●

This classy thriller is set on the eve of World War Two. Eddie Izzard (who also co-scripted) plays British intelligence agent Thomas Miller who's posing as a teacher at an elite finishing school in England attended by the daughters of Nazi officials. But Miller has to go on the run when he's accused of murder. Jim Broadbent and Judi Dench are among the famous faces on board. 2020, 12, 99MIN

HORROR

It Feeds

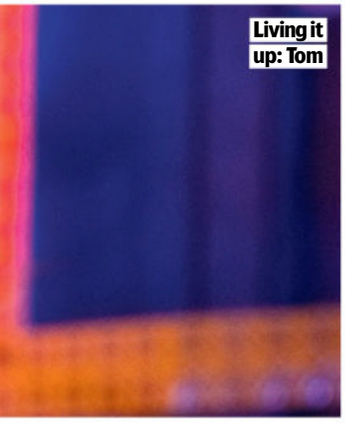
8.25am & 3.15am, Sky Sci-Fi/Horror ★★★

Sex ●●● Violence ●●● Language ●●●

Psychic therapist Ashley Greene is able to interact with a person's subconscious, but is shocked when a desperate young girl seems to have a demonic presence attached to her. She turns the kid away, but her concerned teen daughter (Ellie O'Brien) secretly goes off in search of the girl to help, with terrible consequences... A smart, unusual Canadian chiller that shoots off in unexpected directions. 2025, 15, 102MIN

28 January

title character (Jacob Tremblay, Benjamin Pajak and Cody Flanagan play his younger versions) and what made him the man he becomes. Hiddleston (and his dancing) are great, while Chiwetel Ejiofor, Mia Sara, Mark Hamill and Karen Gillan also make their mark. A superb, deeply moving meditation on a life well lived. 2024, 15, 111MIN


Living it up: Tom

Thursday 29 January

DRAMA

A Man Called Otto

9pm, Film4 ★★★

Sex ●●● Violence ●●● Language ●●●

Curmudgeonly retired widower Otto (Tom Hanks) calls everyone a 'nitwit' and is suicidal after the death of his wife. But his attempts to end his life keep being interrupted and, gradually, he finds crumbs to live for, including looking after a stray cat. Some elements jar in this Hollywood remake of Fredrik Backman's Swedish bestseller *A Man Called Ove*, notably the glib treatment of mental health, but director Marc Forster knows how to pluck at the heartstrings and Hanks, as always, is excellent. 2022, 15, 126MIN

Feline fine: Tom

Friday 30 January

ACTION THRILLER

The Vault

9pm, GREAT! action ★★★

Sex ●●● Violence ●●● Language ●●●

This intense action thriller has treasure hunter Liam Cunningham gathering a crack international team (Astrid Bergès-Frisbey, Sam Riley, Axel Stein and Luis Tosar) and roping in smarty-pants engineering student Freddie Highmore to crack the Bank of Spain's impregnable vault while the country is distracted by the excitement of the 2010 World Cup. While the sequel-ready non-ending is definitely an issue, the circuitous road to get there is a rollicking white-knuckle ride. 2021, 15, 118MIN

Nick of time: Freddie and co

DRAMA

Risky Business

4.20pm, Sky Cinema Comedy ★★★★

Sex ●●● Violence ●●● Language ●●●

An early vehicle on the road to superstardom for Tom Cruise – the image of him dancing in his socks is hard to forget – this key 1980s movie is surprisingly dark for a raunchy teen comedy. Cruise plays a spoiled rich kid who learns all about capitalism by running a brothel from his home while his parents are away, with the help of hooker Rebecca De Mornay (also making quite the impression). 1983, 18, 98MIN

BIOPIC

Lee

9.50am, Sky Brit Hits ★★★

Sex ●●● Violence ●●● Language ●●●

A deliciously brusque Kate Winslet is US model-turned-photojournalist Lee Miller in this handsome biopic. It follows her hard-drinking obsessive as she finds her photographic passion in World War Two, haring across France and Germany with the US army, doggedly recording the horrors and defying bans on women reporters. Winslet's Miller is a superb creation, though friends and lovers come off as more one-note. 2023, 15, 117MIN

CLASSIC WESTERN

The Misfits

9pm, Sky Arts ★★★★★

Sex ●●● Violence ●●● Language ●●●

The last completed film of Clark Gable and Marilyn Monroe marked the end of a Hollywood era. Set in Nevada, it's a poignant film about the decline of the Old West. The frailty of Monroe and the scenes in which Gable subdues a wild horse (he died of a heart attack days after filming) give the film a powerful intensity and when they finally drive off towards the 'big star' that will take them 'straight home', it's the perfect ending to their careers. 1961, PG, 123MIN

ACTION COMEDY

RED

10.50pm, ITV1 ★★★★

Sex ●●● Violence ●●● Language ●●●

Targeted by a hit squad, ex-CIA agent Bruce Willis is forced out of suburban retirement and goes on the run, taking pensions officer Mary-Louise Parker along with him. To find out who wants to kill him, he re-assembles his crack former black-ops team Helen Mirren, John Malkovich and Morgan Freeman to sort out the mess. The plot's nothing special but the stars have a blast, making for a pacy, hugely entertaining romp. 2010, 12, 111MIN

HORROR

Get Out

12.50am, BBC1 ★★★★★

Sex ●●● Violence ●●● Language ●●●

Daniel Kaluuya's African-American photographer is edgy about meeting white girlfriend Allison Williams' parents (Bradley Whitford and Catherine Keener) at their country home. And he has good reason to be nervous, it turns out... A terrific feature debut from writer-director Jordan Peele, this provocative, deeply creepy chiller pushes racially sensitive buttons with fiendish skill and darkly comic wit. 2017, 15, 104MIN

CHILLER

The Empty Man

1.50am, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

This mysterious chiller is so much odder than it first appears – think *Donnie Darko* meets HP Lovecraft. There's a strange 20-or-so minute prologue before we hit the meat of the story, in which an ex-cop (a magnetic James Badge Dale) goes in search of his neighbour's missing teenage daughter, with his journey taking a multitude of bizarre turns. 2020, 18, 137MIN

■ Full listings start on p75

THRILLER

Promising Young Woman

6pm, Sky Brit Hits ★★★★

Sex ●●● Violence ●●● Language ●●●

Carey Mulligan plays med school drop-out Cassie in this darkly twisty, debate-stirring thriller. She spends evenings in bars, feigning inebriation until a guy picks her up. How far he goes is up to him, but consent is never given and if he ignores her protests, well, that would be telling... Writer-director Emerald Fennell challenges expectations at every turn and Oscar-nominated Mulligan is superb. 2020, 15, 113MIN

COMEDY DRAMA

Bob Trevino Likes It

11.25pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Switching deftly between hilariously funny and soul-achingly devastating, this tale is a triumph. Barbie Ferreira is a chirpy but deeply lonely 25-year-old who, after a row with her self-serving father (French Stewart) accidentally 'friends' a man online with the same name as her dad. He's friendless John Leguizamo and their platonic, blossoming friendship becomes a thing of joy. 2024, 12, 101MIN

■ Full listings start on p85

DRAMA

Bird

11pm, BBC2 ★★★★

Sex ●●● Violence ●●● Language ●●●

Director Andrea Arnold's captivating and moving tale of life on the fringes in Gravesend features an assured, often spellbinding performance from Nykiya Adams. As 12-year-old Bailey, she lives with her feckless but affectionate dad Bug (Barry Keoghan) in a rundown squat, but a meeting with sweet Eastern European Bird (Franz Rogowski) gives her a new ally as she tries to negotiate her bewildering and chaotic life. 2024, 15, 119MIN

BLACK COMEDY

The Day Shall Come

12.55am, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Master satirist Chris Morris skewers the US security services and their ridiculous sting operations in the name of counter-terrorism. Marchánt Davis' preacher becomes entangled with Anna Kendrick's FBI operation, which tries to covertly sell him arms in order to label him a terrorist. It's a hilarious and horribly troubling film, with a finale that's quietly devastating. 2019, 15, 88MIN

■ Full listings start on p95

Sport week

Your ultimate guide to the best of the week's live action

Igor Jesus (Nottingham Forest), Micky van de Ven (Tottenham Hotspur), Erling Haaland (Manchester City), Marli Salmon (Arsenal) and Emiliano Buendía (Aston Villa)

THE MAIN EVENT

European football

The British clubs seek to progress as **the league stages draw to a close**

LIVE FOOTBALL

Wednesday & Thursday, kick-offs 8pm, TNT Sports & Discovery+

There should be plenty of shifting fortunes as the Champions League and Europa League conclude their respective league stages this week with matchday eight.

Both competitions have seen 36 sides battle it out since September, with the top eight qualifying automatically for the knockout stage and the next 16 teams going into play-offs to determine who joins them in the round-of-16.

With Champions League ties kicking off on Wednesday, and the Europa League matches on Thursday, we look at the likely fates of the British clubs…

CHAMPIONS LEAGUE

Liam Rosenior

A record six Premier League teams began the league stage, and there's every chance that all of them will still be alive and kicking after Wednesday's concluding ties…

Arsenal have been superb since the get-go and if Mikel Arteta rests players at home to Kairat Almaty, he might give another game to 16-year-old Marli Salmon. North London rivals **Tottenham Hotspur** will have defender Micky van de Ven back from a ban as they conclude away to a struggling Eintracht Frankfurt.

Chelsea boss Liam Rosenior takes his new side to an inconsistent Napoli as the Blues also look to progress.

Newcastle United teenager Lewis Miley became the club's youngest scorer in the competition with a goal against Bayer Leverkusen in December and the Toon Army will be cheering on their side in a potential thriller at Paris Saint-Germain.

Erling Haaland's goals have fired **Manchester City** into a strong position, but they must be aware of Galatasaray's very own super striker, Victor Osimhen, who is back after running riot for Nigeria in the Africa Cup of Nations. Meanwhile, **Liverpool** are returning to form at the right time, though Azerbaijani side Qarabag are capable of an upset at Anfield after holding Chelsea to a draw.

Lewis Miley of Newcastle United

EUROPA LEAGUE

Last season's tournament featured an all-English final as Tottenham Hotspur defeated Manchester United. But which home clubs will still be chasing silverware after Thursday's results?

Scottish champions **Celtic** are likely aiming for a place in the play-offs following a disappointing campaign that included a 3-0 home defeat to Roma that hastened the departure of short-lived coach Wilfried Nancy. Performances have improved under Martin O'Neill and Hoops fans will want to conclude with a win at home to Utrecht. **Rangers** lost their opening match 1-0 at home to Genk, starting a dismal trend that saw the Glasgow outfit fail to win any of their first six matches. A matchday-eight trip to Porto doesn't look like lifting the gloom.

Forest boss Sean Dyche

As **Aston Villa** finish at home to Red Bull Salzburg, their excellent domestic form has been replicated in Europe. With Emi Buendía finding the net, Unai Emery will have his sights on winning the Europa League for a fifth time with a third different club. **Nottingham Forest** have had a rollercoaster ride as they returned to Europe for the first time in 30 years, but have a play-off place within their grasp thanks to vital goals from Igor Jesus. Sean Dyche's men host Ferencváros.

Bills quarterback Josh Allen

LIVE AMERICAN FOOTBALL

NFL Championship Games

Sunday, 5, Sky Sports Main Event & Sky Sports NFL

Places in next month's Super Bowl are at stake when this season's NFC and AFC champions are decided, with coverage from 7.30pm and 11.30pm. The finalists had yet to be decided as we went to press, but there will be no back-to-back triumphs for reigning champions Philadelphia Eagles after they crashed out to the San Francisco 49ers in the Wildcard Weekend, thanks to two touchdowns from Christian McCaffrey. In what's widely regarded as one of the most open seasons for years, quarterback Josh Allen has been in fine form for Buffalo Bills as they set their sights on the AFC title, while Sam Darnold has been similarly inspirational for Seattle Seahawks as they target the NFC championship.

England's Phil Salt

LIVE CRICKET

Sri Lanka v England

Sat, Tue & Fri, TNT Sports

Following the second and third ODIs in Colombo (Sat & Tue, play starts 9am), the teams switch to the Twenty20 format for the first contest of a three-match series in Kandy (Fri, play starts 1.30pm). Pace bowler Josh Tongue will make his maiden white-ball appearance for Harry Brook's team after taking the most wickets in The Hundred and doing well in the Ashes, while opener Phil Salt also joins up with the T20 squad after missing the ODI matches.

Luke Littler

LIVE DARTS

World Masters

From Thursday, ITV4

As Milton Keynes hosts the first UK-based PDC tournament of 2026, world champion Luke Littler will be at the oche aiming to win the World Masters for the first time. After thrashing Dutch opponent Gian van Veen in the final at Alexandra Palace to claim a second world title, and celebrating his 19th birthday on 21 January, Littler joins a line-up that includes defending champion Luke Humphries. This year, the European Tour features tournaments in Poland and Slovakia for the first time, while the Premier League makes its maiden visit to Belgium when Antwerp stages the second week of the season.

Raymond Muratalla

LIVE BOXING

Raymond Muratalla v Andy Cruz

Saturday, DAZN

There's live coverage from Las Vegas as 29-year-old American Raymond Muratalla defends his IBF lightweight title for the first time in a mandatory fight against former Olympic champion Andy Cruz of Cuba. California-born Muratalla became the IBF champion in June without throwing a punch when he was elevated to the title after the retirement of belt holder Vasiliy Lomachenko.

WORDS: RICHARD MCCLURE. PHOTOS: ALAMY, GETTY

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Sport week A-Z GUIDE

Basketball
Tyrese Maxey and the Philadelphia 76ers take on the New York Knicks on Saturday

AMERICAN FOOTBALL

LIVE NFC Championship Game
Sun 7.30pm 5, Sky Sports Main Event & Sky Sports NFL
Two teams compete for a place in Super Bowl LX. See page 29.

LIVE AFC Championship Game
Sun 11.30pm Sky Sports Main Event & Sky Sports NFL
The AFC representative in Super Bowl LX is decided. See page 29.

BASKETBALL

LIVE Philadelphia 76ers v New York Knicks
Sat 8pm Sky Sports+
NBA Eastern Conference match.

LIVE Minnesota Timberwolves v Golden State Warriors
Sat 10.30pm Sky Sports+
NBA Western Conference fixture.

LIVE Cleveland Cavaliers v Orlando Magic
Mon 11.30pm Sky Sports Main Event & Sky Sports+
NBA Eastern Conference game.

LIVE Boston Celtics v Portland Trail Blazers
Mon 1am Sky Sports Mix
The NBA inter-conference match.

LIVE Minnesota Timberwolves v Golden State Warriors
Mon 2.30am Sky Sports Main Event & Sky Sports+
NBA Western Conference fixture.

LIVE Philadelphia 76ers v Milwaukee Bucks
Tue 12m't Sky Sports Main Event & Sky Sports+
NBA Eastern Conference match.

LIVE Utah Jazz v Los Angeles Clippers
Tue 3am Sky Sports Mix & 3.30am Sky Sports Main Event
NBA Western Conference game.

BOWLS

LIVE World Indoor Championships
Sat 1.30pm BBC2; Sun 2.30pm BBC2 (not N Ireland)

BOXING

LIVE Raymond Muratalla v Andy Cruz
Sat 1am DAZN
The lightweight bout staged at Fontainebleau, Las Vegas. See p29.

COMBAT SPORTS

LIVE UFC 324 Prelims
Sat 12m't TNT Sports 1

LIVE Justin Gaethje v Paddy Pimblett
Sat 12m't TNT Sports Box Office
The UFC lightweight title bout.

CRICKET

LIVE India v New Zealand
Sat 7.15am Sky Sports Cricket
U19s World Cup Group B match.

LIVE Sri Lanka v England
Sat 8.45am TNT Sports 2
The second ODI of the series from R. Premadasa Stadium. See p29.

LIVE Delhi Capitals v Royal Challengers Bengaluru
Sat 1.50pm Sky Sports Mix & 3pm Sky Sports Cricket

LIVE Under-19s World Cup
Sun 7.15am Sky Sports Mix
A Super Six match from Windhoek.

LIVE Big Bash League
Sun 8am Sky Sports Cricket
The final of the T20 competition.

LIVE SA20
Sun 1pm Sky Sports Cricket
The final at Newlands in Cape Town.

LIVE India v New Zealand
Sun 1.15pm TNT Sports 1
The third T20 in the five-match series from ACA Stadium.

LIVE Under-19s World Cup
Mon 7.15am Sky Sports Cricket & 7.30am Sky Sports Main Event
A play-off match.

LIVE Under-19s World Cup
Mon 7.15am Sky Sports Mix
A Super Six fixture.

LIVE Mumbai Indians v Royal Challengers Bengaluru
Mon 1.50pm Sky Sports+

LIVE Under-19s World Cup
Tue 7.15am Sky Sports Cricket & 7.30am Sky Sports Main Event

LIVE Under-19s World Cup
Tue 7.15am Sky Sports Mix
A Super Six match from Queens Sports Club in Bulawayo, Zimbabwe.

LIVE Sri Lanka v England
Tue 8.45am TNT Sports 1
The third and final ODI staged at R. Premadasa Stadium. See p29.

LIVE Gujarat Giants v Delhi Capitals
Tue 1.50pm Sky Sports+

LIVE Under-19s World Cup
Wed 7.15am Sky Sports Cricket & 7.30am Sky Sports Main Event
A Super Six match in Zimbabwe.

LIVE India v New Zealand
Wed 1.15pm TNT Sports 1
The fourth T20 in the five-match series at ACA-VDCA Cricket Stadium.

LIVE Under-19s World Cup
Thu 7.15am Sky Sports Cricket
A Super Six game in Bulawayo.

LIVE Royal Challengers Bengaluru v Up Warriorz
Thu 1.50pm Sky Sports+ & 2pm Sky Sports Main Event

LIVE Women's T20 Super Smash
Thu & Fri 1am TNT Sports 2

LIVE T20 Super Smash
Thu 4.45am TNT Sports 2
The Elimination Final.

LIVE Under-19s World Cup
Fri 7.15am Sky Sports Cricket & Sky Sports Mix
A Super Six fixture from Zimbabwe.

LIVE Sri Lanka v England
Fri 1.15pm TNT Sports 1
The first T20 in the three-match series from Pallekele International Cricket Stadium in Kandy. See p29.

LIVE Gujarat Giants v Mumbai Indians
Fri 1.50pm Sky Sports+ & 2pm Sky Sports Main Event

LIVE T20 Super Smash
Fri 4.45am TNT Sports 2
The Grand Final in New Zealand.

CYCLING

LIVE Cyclocross
Sat 2pm TNT Sports 4
Men's World Cup in Maasmechelen.

LIVE Cyclocross
Sun 2pm TNT Sports 4
Men's World Cup in Hoogerheide.

LIVE Women's Cycling
Mon 2pm TNT Sports 4
The Challenge Mallorca and Trofeo Binissalem-Andratx.

LIVE AlUla Tour
Tue-Fri 11.30am TNT Sports 4
Stages one to four.

LIVE Men's Cycling
Wed 1.30pm TNT Sports 4
Challenge Mallorca and Trofeo Calvia.

LIVE Men's Cycling Pro Series
Thu 1.30pm TNT Sports 4
The Challenge Mallorca and Trofeo Ses Salines.

LIVE Men's Cycling Pro Series
Fri 1.30pm TNT Sports 4
The Challenge Mallorca and Trofeo Serra Tramuntana.

DARTS

LIVE World Masters
Thu & Fri 7pm ITV4
The first and second days at Arena MK in Milton Keynes. See p29.

GOLF

LIVE Hero Dubai Desert Classic
Sat 6am & 4.30am Sky Sports Main Event & Sky Sports Golf
Days three and four at Emirates Golf Club in the United Arab Emirates.

LIVE American Express
Sat & Sun 4.30pm Sky Sports Golf; Sat 8.30pm Sky Sports Main Event
Days three and four from the Pete Dye Stadium Course at La Quinta.

LIVE Boston Common Golf Club v The Bay Golf Club
Mon 12m't Sky Sports Golf
The TGL match from SoFi Center.

LIVE Bahrain Championship
Thu & Fri 8.30am Sky Sports Main Event & Sky Sports Golf
The first and second days held at Royal Golf Club in Al Mazrowiah.

LIVE LPGA Tour
Thu & Fri 4.30pm Sky Sports Mix

LIVE Farmers Insurance Open
Thu & Fri 5pm Sky Sports Golf; Thu 5.30pm, Fri 5.30pm & 10.30pm Sky Sports Main Event
Days one and two held at Torrey Pines Golf Course in San Diego.

LIVE Icons Series
Fri 1am Sky Sports Main Event, Sky Sports Golf, Sky Sports+ & Sky Sports Mix
From Robinswood Club in Bangkok.

HORSE RACING

LIVE Cheltenham
Sat 12.45pm ITV1

ICE HOCKEY

LIVE Boston Bruins v Montreal Canadiens
Sat 12m't Premier Sports 2
NHL Eastern Conference game.

LIVE Edmonton Oilers v Washington Capitals
Sat 3am Premier Sports 1
The NHL inter-conference match.

LIVE Toronto Maple Leafs v Colorado Avalanche
Sun 6.30pm Premier Sports 2
The NHL inter-conference game.

LIVE Vancouver Canucks v Pittsburgh Penguins
Sun 11pm Premier Sports 1
The NHL inter-conference fixture.

LIVE Tampa Bay Lightning v Utah Mammoth
Mon 12m't Premier Sports 2
The NHL inter-conference game.

LIVE Edmonton Oilers v Anaheim Ducks
Mon 1.30am Premier Sports 1
NHL Western Conference fixture.

LIVE Boston Bruins v Nashville Predators
Tue 12m't Premier Sports 2
The NHL inter-conference match.

LIVE St Louis Blues v Dallas Stars
Tue 1am Premier Sports 1
NHL Western Conference game.

LIVE Seattle Kraken v Washington Capitals
Tue 3am Premier Sports 2
The NHL inter-conference fixture.

LIVE Columbus Blue Jackets v Philadelphia Flyers
Wed 12m't Premier Sports 2
NHL Eastern Conference game.

LIVE Farjestad v Frolunda
Thu 5.55pm Premier Sports 1

LIVE Tampa Bay Lightning v Winnipeg Jets
Thu 12m't Premier Sports 2
The NHL inter-conference match.

LIVE Vegas Golden Knights v Dallas Stars
Thu 3am Premier Sports 1
NHL Western Conference fixture.

LIVE Chicago Blackhawks v Columbus Blue Jackets
Fri 1.30am Premier Sports 2
The NHL inter-conference game.

MOTORSPORT

LIVE World Rally Championship
Sat 5.30pm TNT Sports 3; Sun 8.30am TNT Sports 2, 10am TNT Sports 1 & 12noon TNT Sports 4
The Rallye Monte Carlo.

LIVE FIA Formula E
Fri 10pm TNT Sports 3

POOL

LIVE Ultimate Pool
Mon 6pm TNT Sports 3

RUGBY UNION

LIVE Harlequins v Leicester Tigers
Sat 2.45pm TNT Sports 1 (kick-off 3.05pm) The Prem game at Twickenham Stoop.

LIVE Scarlets v Ulster
Sat 2.45pm Premier Sports 1 (kick-off 3pm) The United Rugby Championship match.

LIVE Connacht v Leinster
Sat 5pm Premier Sports 1 (kick-off 5.30pm) The United Rugby Championship fixture.

LIVE Stormers v Sharks
Sat 5pm Premier Sports 2 (kick-off 5.30pm) The United Rugby Championship game.

LIVE Sale Sharks v Northampton Saints
Sat 5.15pm TNT Sports 1 (kick-off 5.30pm) The Prem match at CorpAcq Stadium.

LIVE Cardiff v Benetton
Sat 7.30pm Premier Sports 1 (kick-off 7.45pm) The United Rugby Championship fixture.

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Football planner

LIVE Zebre Parma v Glasgow Warriors
Sat 7.30pm Premier Sports 2 (kick-off 7.45pm) The United Rugby Championship match.

LIVE Glasgow Warriors v Munster
Fri 7pm Premier Sports 1 (kick-off 7.45pm) The United Rugby Championship game.

LIVE Benetton v Scarlets
Fri 7.30pm S4C & Premier Sports 2 (kick-off 7.45pm) The United Rugby Championship fixture.

SKIING

LIVE Alpine Skiing
Sat 9am, Sun 8.30am & 11am TNT Sports 1; Sat 12.30pm TNT Sports 4
In Spindleruv Mlyn, Czech Republic.

LIVE Alpine Skiing
Sat 10am TNT Sports 4; Sun 9.30am & 12.15pm TNT Sports 2
Events in Kitzbuhel, Austria.

LIVE Ski Mountaineering
Mon 12noon TNT Sports 2
From Pal Arinsal, Andorra.

LIVE Alpine Skiing
Tue 4.30pm & 7.30pm, Wed 4.30pm TNT Sports 3
Events in Schladming, Austria.

LIVE Alpine Skiing
Fri 8.45am TNT Sports 2
From Crans Montana, Switzerland.

LIVE Nordic Combined Skiing
Fri 10.30am TNT Sports 4, 11.30am & 1.15pm TNT Sports 2
Events in Seefeld, Austria.

LIVE Freestyle Skiing
Fri 11.30am TNT Sports 1
From Fassa Valley in Italy.

LIVE Ski Jumping
Fri 3pm TNT Sports 3
From Willingen, Germany.

SNOOKER

LIVE German Masters
Mon 2pm & 7pm, Tue & Fri 7pm, Thu 2pm TNT Sports 1; Mon & Fri 2pm & 7pm, Tue 9am, 2pm & 7pm, Wed & Thu 9am & 2pm TNT Sports 2
Days one to five at Tempodrom.

TENNIS

LIVE Australian Open
Sat 6am & 2am, Sun 12.30am TNT Sports 1; Sat 6am & 12.30am, Sun 12.30am TNT Sports 2 & TNT Sports 3
Days seven and eight, featuring the third and fourth rounds in Melbourne.

LIVE Australian Open
Mon 12.30am, Tue 7am & 12.30am, Wed 7am TNT Sports 1 & TNT Sports 3
Quarter-finals at Melbourne Park.

LIVE Australian Open
Thu 7.30am & 1am TNT Sports 1 & TNT Sports 3
The 12th day, featuring semi-finals and the mixed doubles final.

LIVE Australian Open
Fri 7.30am & 1am TNT Sports 1, 7.30am TNT Sports 3
The 13th day, featuring semi-finals and the men's and women's doubles finals staged at Melbourne Park.

WINTER SPORTS

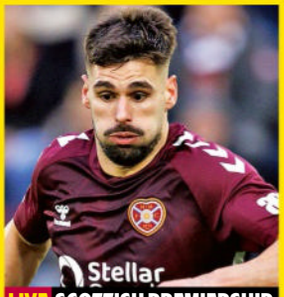
LIVE Biathlon World Cup
Sun 2pm & 5pm TNT Sports 2
Mass start events in Nove Mesto.

LIVE PREMIER LEAGUE

West Ham United v Sunderland

Saturday, kick-off 12.30pm, TNT Sports 1

It's looking increasingly unlikely that West Ham will avoid the drop after failing to chalk up a home league win since early November. Sunderland took the points on the opening day of the season with Dan Ballard scoring in a 3-0 home win.



LIVE SCOTTISH PREMIERSHIP

Hearts v Celtic

Sunday, kick-off 3pm, Sky Sports Football

Hearts are yet to falter in their pursuit of a first Scottish league title since 1960. Both Glasgow clubs are in the chase, however, and Derek McInnes' side would welcome a repeat of their 2-1 victory at Parkhead in December when Portuguese star Cláudio Braga opened the scoring.

LIVE PREMIER LEAGUE

Arsenal v Manchester United

Sunday, kick-off 4.30pm, Sky Sports Main Event & Sky Sports Premier League

United have taken just one point from the last six league games with Arsenal, and after Manchester City at home last week, caretaker boss Michael Carrick couldn't have asked for a more difficult away trip.

Saturday 24

LIVE Brisbane Roar v Adelaide United
6am TNT Sports 2 (kick-off 6am) A-League from Suncorp Stadium.

LIVE Millwall v Charlton Athletic
11am Sky Sports Main Event & Sky Sports Football (kick-off 12.30pm) Championship match at The Den.

LIVE West Ham United v Sunderland
11am TNT Sports 1 (kick-off 12.30pm) The Premier League match staged at The London Stadium.

LIVE Chelsea v Arsenal
12.15pm BBC1 (kick-off 12.30pm) The Women's Super League match staged at Stamford Bridge.

LIVE Middlesbrough v Preston North End
12.25pm Sky Sports+ (kick-off 12.30pm) Championship fixture from Riverside Stadium.

LIVE Rayo Vallecano v Osasuna
12.55pm Premier Sports 2 (kick-off 1pm) The LaLiga game.

LIVE Bournemouth v Liverpool
5pm Sky Sports Main Event & Sky Sports Premier League (kick-off 5.30pm) The Premier League fixture at Vitality Stadium.

LIVE Kelty Hearts v Stenhousemuir
5.20pm BBC Alba (kick-off 5.30pm) SPFL League One match from New Central Park.

LIVE FC Union Berlin v Borussia Dortmund
5.20pm Sky Sports Football (kick-off 5.30pm) The Bundesliga match.

LIVE Wellington Phoenix v Adelaide United
3am TNT Sports 2 (kick-off 3am) The A-League Women match.

Sunday 25

LIVE Western Sydney Wanderers v Perth Glory
6am TNT Sports 2 (kick-off 6am) The A-League game in Parramatta.

LIVE London City v Manchester City
11am Sky Sports Football & Sky Showcase (kick-off 11.55am) The Women's Super League match.

LIVE WSL
11am Sky Sports+ (kick-off 11.55am)

LIVE Sportclub Telstar v AZ Alkmaar
11.10am Premier Sports 2 (kick-off 11.15am) Eredivisie.

LIVE Crystal Palace v Chelsea
12.30pm Sky Sports Premier League (kick-off 2pm) Premier League fixture from Selhurst Park.

LIVE Atlético Madrid v Mallorca
12.55pm Premier Sports 1 (kick-off 1pm) The LaLiga match from Riyadh Air Metropolitano.

LIVE Newcastle United v Aston Villa
1pm Sky Sports Main Event (kick-off 2pm) The Premier League match at St James' Park.

LIVE Glentoran v Cliftonville
1.45pm BBC2 (N Ireland only) (kick-off 2pm)

LIVE Brentford v Nottingham Forest
1.55pm Sky Sports+ (kick-off 2pm) The Premier League game staged at Gtech Community Stadium.

LIVE Hearts v Celtic
2.30pm Sky Sports Football (kick-off 3pm) The Scottish Premiership fixture at Tynecastle.

LIVE Barcelona v Real Oviedo
3.10pm Premier Sports 1 (kick-off 3.15pm) The LaLiga match from Spotify Camp Nou.

LIVE Glasgow City v Rangers
4pm BBC Alba (kick-off 4.10pm) The Scottish Women's Premier League game from Petershill Park.

LIVE Arsenal v Manchester United
4pm Sky Sports Main Event & 4.25pm Sky Sports Premier League (kick-off 4.30pm) The Premier League match staged at Emirates Stadium.

LIVE Real Sociedad v Celta Vigo
5.25pm Premier Sports 1 (kick-off 5.30pm) The LaLiga fixture staged at Reale Arena.

LIVE AS Roma v AC Milan
7.30pm TNT Sports 1 (kick-off 7.45pm) The Serie A match held at Stadio Olimpico.

LIVE Alaves v Real Betis
7.55pm Premier Sports 1 (kick-off 8pm) The LaLiga fixture from Mendizorrotza.

LIVE Boca Juniors v Deportivo Riestra
9.30pm Premier Sports 2 (kick-off 9.30pm) The Argentine Primera Division match from Alberto Jose Armando Stadium.

Monday 26

LIVE Melbourne Victory v Sydney FC
6.30am TNT Sports 2 (kick-off 6.30am) A-League fixture from AAMI Park.

LIVE Everton v Leeds United
6.30pm Sky Sports Main Event & Sky Sports Premier League (kick-off 8pm) The Premier League match at Hill Dickinson Stadium.

LIVE Norwich City v Coventry City
7.30pm Sky Sports Football (kick-off 8pm) The Championship fixture staged at Carrow Road.

Tuesday 27

LIVE Doncaster Rovers v Leyton Orient
7.30pm Sky Sports Main Event & Sky Sports Football (kick-off 8pm) The League One match.

LIVE Cardiff City v Barnsley
7.35pm Sky Sports+ (kick-off 7.45pm) The League One game at Cardiff City Stadium.

LIVE Fiorentina v FC Como
7.55pm Premier Sports 1 (kick-off 8pm) The Coppa Italia last-16 fixture.

Wednesday 28

LIVE Gotham FC v Corinthians
12.15pm Sky Sports Football (kick-off 12.30pm) The Women's Champions Cup first semi-final.

LIVE Arsenal v FAR Rabat
5.30pm Sky Sports Main Event & Sky Sports Football (kick-off 6pm) The Women's Champions Cup second semi-final.

LIVE Liverpool v Qarabag
7.30pm TNT Sports 2 & Discovery+ (k-o 8pm) The Champions League match staged at Anfield. See p28.

LIVE Paris Saint-Germain v Newcastle United
7.30pm TNT Sports 3 & Discovery+ (k-o 8pm) The Champions League match from Parc des Princes. See p28.

LIVE Napoli v Chelsea
7.30pm TNT Sports 4 & Discovery+ (k-o 8pm) Champions League game at Stadio Diego Armando Maradona. See p28.

LIVE Eintracht Frankfurt v Tottenham Hotspur
7.30pm TNT Sports 5 & Discovery+ (k-o 8pm) The Champions League fixture held at Deutsche Bank Park. See p28.

LIVE Manchester City v Galatasaray
7.30pm TNT Sports 6 & Discovery+ (k-o 8pm) The Champions League match from Etihad Stadium. See p28.

LIVE Arsenal v Kairat Almaty
7.30pm TNT Sports 7 & Discovery+ (k-o 8pm) The Champions League game at Emirates Stadium. See p28.

LIVE Benfica v Real Madrid
8pm TNT Sports 8 & Discovery+ (kick-off 8pm) Champions League.

LIVE Racing v Rosario
8.55pm Premier Sports 1 (kick-off 9pm) The Argentine Primera Division match.

LIVE River Plate v Gimnasia
10.55pm Premier Sports 1 (kick-off 11pm) Argentine Primera.

Thursday 29

LIVE FC Porto v Rangers
7pm TNT Sports 5 & Discovery+ (kick-off 8pm) The Europa League match staged at Estádio do Dragão. See p28.

LIVE Celtic v FC Utrecht
7.45pm TNT Sports 2 & Discovery+ (kick-off 8pm) The Europa League match. See p28.

LIVE Nottingham Forest v Ferencvaros
7.45pm TNT Sports 3 & Discovery+ (kick-off 8pm) Europa League at the City Ground. See p28.

LIVE Aston Villa v RB Salzburg
7.45pm TNT Sports 4 & Discovery+ (kick-off 8pm) Europa League at Villa Park. See p28.

Friday 30

LIVE Wellington Phoenix v Melbourne City
6am TNT Sports 4 (kick-off 6am) A-League game at Sky Stadium.

LIVE Adelaide United v Macarthur Bulls
8.30am TNT Sports 4 (kick-off 8.35am) A-League.

LIVE FC Köln v Wolfsburg
7.30pm BBC iPlayer (kick-off 7.30pm) Bundesliga.

LIVE St Johnstone v Partick Thistle
7.30pm BBC Scotland (kick-off 7.45pm) The Scottish Championship match.

LIVE Bristol City v Derby County
7.30pm Sky Sports Main Event & Sky Sports Football (kick-off 8pm) The Championship match.

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Saturday

24 January

Evening Planner

Cricket

Sri Lanka v England: 2nd One-Day International

TNT Sports 2, play starts 9am

England continue their white-ball tour with today's second of three ODIs.

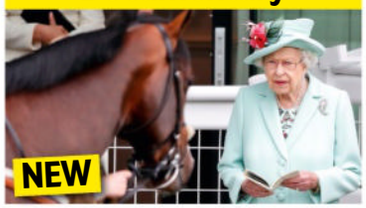
Football

Premier League

TNT Sports & Sky Sports

Coverage of West Ham v Sunderland (kick-off 12.30pm), followed by Bournemouth v Liverpool (k-o 5.30pm).

Documentary



Secrets of the Royal Traditions

Five, 8.30pm

A look at royal traditions, including the Royal Family's passion for horseracing.

Drama

The Zone of Interest

C4, 9.45pm

Holocaust drama showing the horrors of Auschwitz as viewed by its commandant, Rudolf Höss (Christian Friedel, above).

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	‹ 6.45 Michael McIntyre's Big...	7.45 The Weakest Link		8.35 Casualty		9.25 Waiting for the Out	10.10 News	10.30 Match of the...
	102 BBC2	‹ 6.30 Film: The Magnificent Seven			8.35 Dolly Parton at the BBC		9.35 Dolly Parton: Here I Am		
	103 ITV1	7.00 The Masked Singer			8.30 The 1% Club		9.45 Film: Lucy		
	104 CHANNEL 4	7.00 Film: Independence Day					9.45 Film: The Zone of Interest		
	105 5	7.00 Some Mothers Do 'Ave 'Em: 50 Years of Laughs			8.30 Secrets of the Royal Traditions		9.25 Claudia Winkleman: Behind the Fringe		
	106 SKY SHOWCASE	7.00 Landscape Artist of the Year		8.00 Rob & Romesh vs Team GB: Winter...		9.00 Film: The Bourne Supremacy			
ENTERTAINMENT	115 BBC3	7.00 Doctor Who			8.30 Gavin & Stacey		9.30 Mrs Brown's Boys	10.30 Things You...	
	116 BBC4	7.00 Meet the...	7.30 Flying...	7.50 The Good Old Days	8.35 Hetty Wainthropp Investigates		9.25 Blackshore		
	118 ITV2		7.10 Film: Batman v Superman: Dawn of Justice					10.00 Love Island All Stars: Unseen Bits	
	136 MORE4	‹ 6.55 Four in a Bed		8.00 24 Hours in A&E					
	135 E4	7.00 The Simpsons				9.00 Celebrity Gogglebox		10.00 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Law & Order: Criminal Intent		10.00 Blue Bloods	
	108 SKY ATLANTIC	‹ 6.25 Game of Thrones				9.00 Heated Rivalry			
	110 U&GOLD	‹ 6.00 Only Fools and Horses							
	111 U&DAVE	7.00 Gavin & Stacey			8.20 Would I Lie to You?	9.00 Superstore			
	119 ITV3	‹ 6.00 Midsomer Murders						10.00 Vera	
	120 ITV4	‹ 6.45 Film: Goldfinger				9.00 English Football League Highlights		10.30 Wrestling...	
	112 COMEDY CENTRAL	‹ 6.55 Film: 3 Men and a Little Lady				9.00 Film: Dodgeball: A True Underdog Story			
	152 SKY SCI-FI	7.00 Star Trek: Enterprise		8.00 Star Trek: Voyager					
	113 SKY MAX	7.00 Stargate Universe				9.00 Rob & Romesh vs Team GB: Winter...		10.00 Peacemaker	
	109 U&ALIBI	7.00 Shakespeare & Hathaway		8.00 Death in Paradise		9.00 Father Brown			
	124 SKY ARTS	‹ 5.45 The Beach Boys: Endless Harmony		8.00 Simon & Garfunkel: Old Friends – Live on Stage				10.25 Film: For a Few...	
	132 U&W	7.00 Pete Wicks: For Dogs' Sake		8.00 One Born Every Minute				10.00 The Supervet: Puppy Special	
DOCUMENTARY	125 DISCOVERY	‹ 6.00 Gold Rush		8.00 Secrets Underground		9.00 Marooned with Ed Stafford		10.00 In the Eye of the Storm	
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Extinct or Alive		9.00 Alaskan Bush People: Book of Ami		10.00 Tanked	
	129 NAT GEO	7.00 Seconds from Disaster		8.00 Hitler Youth				10.00 Erased: WWII Heroes of Colour	
	123 SKY HISTORY	7.00 Airport Security: USA				9.00 Contraband: Seized at Sea			
	155 U&YESTERDAY		7.05 Robson Green: World's Most Amazing...	8.05 Bangers & Cash					
	121 SKY DOCS	7.00 Gary				9.00 How the Beatles Changed the World			
FILMS – Sky Cinema	301 PREMIERE	7.00 28 Years Later				9.00 The Toxic Avenger			
	302 FEEL GOOD	‹ 5.45 Shazam!		8.00 The Fall Guy				10.10 Ted	
	303 BRIT HITS	‹ 6.10 Bridget Jones's Diary		8.00 Bridget Jones: The Edge of Reason				10.00 About Time	
	304 GREATS	‹ 5.50 Batman Returns		8.00 Batman Forever				10.05 Batman & Robin	
	305 ANIMATION		7.20 Rango			9.15 The Sloth Lane			
	306 FAMILY	‹ 6.00 Babe	7.45 Look Who's Talking				9.35 Stardust		
	307 ACTION	‹ 5.40 The Matrix Reloaded		8.00 The Matrix Revolutions				10.20 The Matrix...	
	308 COMEDY	‹ 6.15 The Hangover		8.00 The Hangover Part II			9.45 The Hangover Part III		
	309 THRILLER	‹ 6.00 Collateral		8.00 The Bourne Identity				10.00 Hannibal	
	310 DRAMA	‹ 5.55 Ordinary Angels		8.00 Joker: Folie à Deux				10.30 Legends of...	
	311 SCI-FI	‹ 5.40 Sinners		8.00 Mickey 17				10.20 Blade	
	313 FILM4	‹ 5.15 Titanic				9.00 The Contractor			
SPORT	401 MAIN EVENT	‹ 5.00 SNF – Live: Bournemouth v Liverpool (Kick-off 5.30)			8.30 PGA Tour Golf – Live: The American Express				
	402 PREMIER LEAGUE	‹ 5.00 SNF – Live: Bournemouth v Liverpool (Kick-off 5.30)			8.30 Game of the Day			10.30 PL Highlights	
	403 FOOTBALL	‹ 5.20 Bundesliga...	7.30 EFL				9.30 WSL	10.00 EFL Highlights	
	405 CRICKET	7.00 SA20		8.00 WPL		9.00 Big Bash League		10.00 SA20	
	410 TNT SPORTS 1	‹ 5.15 Gallagher PREM – Live	7.45 Lions Uncut: Australia 2025				9.45 World Rally...	10.15 UFC Countdown	
	411 TNT SPORTS 2	‹ 6.00 Australian...	7.30 The Match That Changed Tennis		8.30 International T20 Cricket Highlights		9.30 UEFA Europa...	10.00 The Gallagher PREM	

‹ Denotes programmes starting before 7.00pm † Regions vary

SATURDAY

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Saturday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
10.00 **Saturday Kitchen** New edition Actor Sheridan Smith chooses her heaven and hell ingredients. (S)
11.30 **Football Focus** (S)
12.00 NOON **BBC News** (S)
12.15 PM **LIVE Match of the Day: Women's Super League** Chelsea v Arsenal: Coverage of the top-flight match at Stamford Bridge. Kick-off is at 12.30. (S)
2.45 **Money for Nothing** (S)(R)
3.45 **Escape to the Country** From the Scottish Lothians. (S)(R)
4.30 **Final Score** Results round-up. (S)
5.25 **BBC News** (S)
5.35 **Local News** (S)
5.45 **Gladiators** New edition 2/11. Legend gives the Gladiators a team talk, and Sabre brings destruction to the arena. (S)(AD)

9.25 Waiting for the Out

6 PM
6.45 **Michael McIntyre's Big Show** New edition 2/6. Social media star KSI hands over his phone for Send to All, Angela Scanlon is the Unexpected Star Star of the Show, and Michael surprises singer Sophie Ellis-Bextor with the help of Shane Richie. (S)

7 PM
7.45 **The Weakest Link** New edition 9/12. Romesh Ranganathan hosts as Lloyd Griffith, Rav Wilding, Dylan Llewellyn, Lorna Watson, Shereen Cutkelvin, Colin Jackson, Harriet Thorpe and Kiri Pritchard-McLean compete to be the strongest link. (S)

8 PM
8.35 **Casualty** *Learning Curve – Part Three:* There's a rude awakening for Flynn when a CQC inspector turn up to investigate the ED in light of a recent death. (S)(AD)

9 PM
9.25 **Waiting for the Out** New episode 4/6. Dan's life begins to move forward as he finds happiness with Natasha and her son Tristan – until Frank reveals the whereabouts of his father. (S1) (S)(AD)
■ Entire series on BBC iPlayer

10 PM
10.10 **BBC News** (S)
10.30 **Match of the Day** Highlights of the latest Premier League matches, including Bournemouth v Liverpool and Manchester City v Wolverhampton Wanderers. (S)
■ More tomorrow at 10.30pm
11.40 **The Football Interview** Kelly Somers chats to Portugal midfielder João Palhinha. (S)
11.55 **FILM Rush** Sports drama starring Chris Hemsworth and Daniel Brühl. (S) (2013, 15, 115min) ★★★★
1.50 AM **Weather for the Week Ahead**
1.55 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.40 AM **Children's Programmes**
9.00 **Robson Green's Weekend Escapes** With Chris Kamara. (S)(R)(AD)
9.30 **Heligan: Secrets of the Lost Garden** Wildlife inhabiting the popular Cornish gardens. (S)(R)
10.30 **Monty Don's Rhineland Gardens** A journey along the Rhine. (S)(R)
11.30 **Homes Under the Hammer** (S)(R)
12.30 PM **Bargain Hunt** (S)(R)(AD)
1.30 **LIVE Bowls: World Indoor Championships** Coverage from Potters Resorts at Hopton-on-Sea in Norfolk, featuring the open singles semi-finals. (S)
5.15 **Flog It!** From Hartlepool. (S)(R)
5.45 **Natural World: Prairie Dogs – Talk of the Town** An examination of studies carried out in America to learn about the complex language used by prairie dogs. (S)(R)

8.35 Dolly Parton at the BBC

6.30 **FILM The Magnificent Seven** Classic Western starring Yul Brynner. The peasant inhabitants of a small Mexican village are at the mercy of a ruthless bandit. In desperation, they hire a group of American gunmen for protection. With Steve McQueen, Eli Wallach and Charles Bronson. (S) (1960, PG, 125min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

8.35 **Dolly Parton at the BBC** A selection of archive appearances by the country superstar on the BBC, including performances of *Jolene, 9 to 5, Islands in the Stream* and *Here You Come Again*. (S)(R)

9.35 **Dolly Parton: Here I Am** A profile of the American country star, charting the extraordinary life and music of the singer and songwriter, with contributions by Dolly herself, as well as collaborators from throughout her career. (S)(R)

11.05 **Dolly Parton at Glastonbury** The country singer's 2014 set on the Pyramid Stage. (S)(R)
12.15 AM **FILM David Brent: Life on the Road** Mockumentary comedy spin-off starring Ricky Gervais. (S)(AD) (2016, 15, 90min) ★★
1.45 **Sign Zone: The Night Manager** 4/6. Pine has the proof he needs to expose the coup. (S2) (S)(R)(AD)
2.45 **Sign Zone: The Traitors** (S)(R)(AD)
4.00 **to 6.20** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Deal or No Deal: Banker's Best Battles** (S)(R)
6.30 **Love Your Weekend with Alan Titchmarsh** Talk show. (S)(R)
8.25 **Prue Leith's Cotswold Kitchen** New edition With Patrick Grant. (S)
9.25 **ITV News** (S)
9.30 **James Martin's Saturday Morning** New edition With Jack Savoretti. (S)
12.00 NOON **Ainsley's Taste of the Bahamas** New edition (S)
12.30 PM **ITV News** (S)
12.45 **LIVE Racing** Coverage of a key trials day at Cheltenham. (S)
4.00 **Millionaire Hot Seat** Quiz show hosted by Jeremy Clarkson. (S)(R)
4.30 **Ant & Dec's Limitless Win** Married couple Kevin and Efe take on the Limitless Ladder. (S)(R)(AD)
5.30 **ITV News** (S)
5.45 **Local News** (S)

9.45 Lucy

6.00 **Wheel of Fortune** New edition Graham Norton hosts a couples' edition of the show as Corinne and Aaron, Quamelle and Adam, and Len and Nancy compete to win a jackpot of £50,000. (S)(AD)

7.00 **The Masked Singer** New edition 5/8. Joel Dommett is joined by panellists Jonathan Ross, Davina McCall, Maya Jama, Mo Gilligan and special guest Perrie Edwards. All eight remaining incognito stars come together for the first time and perform before there is a double unmasking. (S)(AD)
8.30 **The 1% Club** New edition Quiz hosted by Lee Mack in which the questions are about logic and common sense, with 100 contestants having a chance of winning up to £100,000. (S)(AD)
9.30 **ITV News** (S)
9.45 **FILM Lucy** Sci-fi thriller starring Scarlett Johansson and Morgan Freeman. A courier seeks revenge on the gangsters who kidnapped her after a drug grants her superhuman abilities. With Choi Min-sik, Amr Waked and Julian Rhind-Tutt. (S)(AD) (2014, 15, 90min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

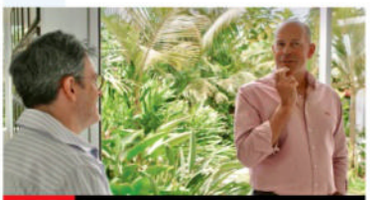
11.15 **The Hunting Wives** New episode 6/8. Sophie tries to get Kyle to talk, and Margo hits the campaign trail. (S1) (S)(AD)
■ Entire series on ITVX
12.15 AM **English Football League Highlights** Recent action. (S)(R)
1.35 **Teleshopping**
3.00 **Long Lost Family** (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Wheel of Fortune** (R)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.10 AM **The King of Queens** 2-4/25. Triple bill. (S4) (S)(R)(AD)
7.25 **Everybody Loves Raymond** 18-20/22. (S1) (S)(R)(AD)
8.50 **Frasier** (S9&10) (S)(R)(AD)
10.45 **The Simpsons** (S)(R)(AD)
12.40 PM **A Place in the Sun** Craig Rowe helps a couple hoping to find a holiday home on the Greek island of Corfu. (S)(R)
1.45 **Four in a Bed** Five editions of the B&B challenge. (S)(R)
4.20 **Location, Location, Location** Kirstie Allsopp and Phil Spencer go house-hunting in north Wales and Cheshire. (S)(R)
5.25 **New Zealand's Best Homes with Phil Spencer** New edition Phil explores properties where the gardens and landscaping are just as important as the house. (S)(AD)


5.25 New Zealand's Best Homes

6.30 **News** (S)

7.00 **FILM Independence Day** Sci-fi adventure starring Will Smith, Bill Pullman and Jeff Goldblum. The US president, a computer genius and a heroic pilot lead the fight against invading aliens threatening to wipe out the entire human race. With Mary McDonnell and Harry Connick Jr. (S)(AD) (1996, 12, 165min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

9.45 **FILM PREMIERE The Zone of Interest** Oscar-winning Holocaust drama starring Christian Friedel and Sandra Huller. The wife of the commandant of Auschwitz is able to blot out the horrors unfolding around her and maintain a normal life for her and her children. Subtitled. (AD) (2023, 12, 100min) ★★★★★ *See review, page 25.*
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.25 **FILM Transporter 2** Action thriller sequel starring Jason Statham. (S)(AD) (2005, 15, 95min) ★★★
1.00 AM **24 Hours in A&E** (S)(R)(AD)
1.55 **Ramsay's Kitchen Nightmares USA** From California. (S)(SL)(R)
2.45 **David Baddiel: Cat Man** (S)(R)
3.40 **Kirstie and Phil's Love It or List It: Brilliant Builds** (S)(SL)(R)(AD)
4.05 **Sunday Brunch** (S)(R)
4.25 **to 6.00** AM **The Simpsons** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.35 AM **Milkshake!**
9.00 **Entertainment News** (S)
9.05 **Walking Wartime Britain** (S)(R)
9.30 **Alexander Armstrong in Sri Lanka** Triple bill. (S)(R)
12.20 PM **Dogs Behaving (Very) Badly** Triple bill. (S)(R)
3.20 **Our Yorkshire Farm** Edith and Violet learn all about the highs and lows of the lambing season. (S)(R)
4.20 The girls buy a pony at a horse fair – but face a struggle to get it home. (S)(R)
5.20 **News** (S)
5.30 **Dolly Parton at 80: In Her Own Words** America's queen of country music guides viewers through her career, leading up to the 2023 album *Rockstar*, Dolly's first rock 'n' roll LP. (S)(R)

9.25 Behind the Fringe

Dolly Parton at 80: In Her Own Words
(started at 5.30pm)

7.00 **Some Mothers Do 'Ave 'Em: 50 Years of Laughs** A celebration of Raymond Allen's classic sitcom, which starred Michael Crawford as accident-prone Frank Spencer, with Michele Dotrice playing his long-suffering wife Betty. (S)(R)
8.30 **NEW SERIES Secrets of the Royal Traditions** A look at the bond between monarchs and their military forces, a link that shaped the history of Britain for centuries as kings led their armies into battle. (S)
9.25 **NEW Claudia Winkleman: Behind the Fringe** A profile of the former *Strictly Come Dancing* presenter and host of *The Traitors*, with contributions from Shirley Ballas, Kai Widdrington, Karen Hauer and Angela Rippon. (S)
11.05 **Most Shocking Celebrity Moments** Memorable incidents from the 2000s. (S)(R)
1.05 AM **PlayOJO Live Casino Show**
3.05 **Ice Age: A Frozen World** How the Great Thaw triggered the end of the Ice Age. (S)(R)
3.55 **Friends** (S10) (S)(R)(AD)
4.45 **The Highland Vet** (S)(SL)(R)
5.30 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128 | 253

SKY SHOWCASE

106 106 | 109 | 340 | 355

6.00 AM **Monkey Life** (S)(R)
7.00 **Big Cat Country** (S)(R)
10.00 **FILM The Secret Garden** Drama starring Colin Firth, Julie Walters and Dixie Egerickx. When a girl is sent to live with her uncle on his country estate, she discovers a magical garden. (S)(AD) (2020, PG, 99min) ★★★★
12.00 NOON **Gillette Labs Soccer Saturday: Build-Up**
3.00 PM **Gillette Labs Soccer Saturday** The latest news from this afternoon's matches.
5.00 **The Simpsons** *Homer's Adventure Through the Windshield Glass:* Homer crashes his car. (S)(R)
5.30 *Homer's Crossing:* Homer volunteers to be a school crossing guard. (S)(R)

9.00 The Bourne Supremacy

6.00 **The Simpsons** *A Mid-Childhood Night's Dream:* Marge worries about the kids growing up. (S)(R)
6.30 *McMansion & Wife:* Lisa puts a stop to Nelson's bullying spree. (S)(R)
7.00 **Landscape Artist of the Year** Stephen Mangan hosts the second heat, which takes place in St James's Park in the City of Westminster. (S)(R)
8.00 **Rob & Romesh vs Team GB: Winter Special** 6/6. Part two of two. The duo conclude their foray into the world of winter sports at the World Curling Championships in Fredericton, Canada. (R)
9.00 **FILM The Bourne Supremacy** Spy thriller sequel based on the novel by Robert Ludlum, starring Matt Damon. Former CIA assassin Jason Bourne tries to discover why his enemies want to kill him. With Franka Potente, Brian Cox and Julia Stiles. (S) (2004, 12, 108min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.00 **Never Mind the Buzzcocks** Greg Davies hosts, with Joel Dommett, Abi Harding, Glen Matlock and stand-in captain Courtney Love. (S)(R)(AD)
12.00 M'T **The Office (US)** 17-20/25. Four episodes. (S9) (S)(R)
2.00 AM **Brit Cops: Rapid Response** Double bill. (S)(R)(AD)
4.00 **to 6.00** AM **Nothing to Declare** (S)(R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
4.30-5.25pm Sportscene: Open All Mics (S) **11.40** Sportscene: Premiership Highlights (S)(R) **12.40am** The Football Interview (S) **12.55** **FILM** Rush (S) (2013, 15, 115min) ★★★★ **2.50** Weather for the Week Ahead (S) **2.55-6.00am** BBC News (S)

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
No variations

WALES
Sky **965**, Virgin **864**, Freesat **965**
No variations

BBC2

N. IRELAND
Sky **969**, Freesat **969**
5.45pm Suzie Lee's Great Food Made Simple (S)(R) **6.00-6.30pm** House of the Year (S)(R)

WALES
Sky **968**, Freesat **968**
5.15pm Flog It! (S)(R) **5.30** Weatherman Walking (S)(R) **6.00-6.30pm** SOS: Extreme Rescues (S)(R)

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **8.00** Stwnsh Sadwrn **10.00** Dreigiau Cadi **10.15** Stori'r Iaith **11.15** Gwladfa: Gwilym Bowen Rhys **11.45** Ffermio **12.15pm** Llond Bol O Sbaen **1.15** Am Dro! **2.15** Alun, Chris a Kiri yn Seland Newydd **3.15** Priodas Pum Mil **4.15** Dim Cwsg i Quinnell (AD) **4.45** Colleen Ramsey: Bywyd a Bwyd **5.15** Iaith ar Daith (AD) **6.15** Cynefin **7.15** Newyddion a Chwaraeon **7.30** Stiwdio24/7 **8.00** Gwlad Bardd **9.35** Amour & Mynydd **10.35** Bar Hansh **11.10-11.40pm** Bar Hansh

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM **Doctor Who** *The Rebel Flesh:* 5/14. Part one of two. Duplicates of factory workers take on minds of their own. **7.45** *The Almost People:* 6/14. Part two of two. A doppelgänger seeks revenge against her makers. (S6)
8.30 **Gavin & Stacey** 3/6. The families unite for a party. **9.00** 4/6. The Shipmans drive to Wales. (S1)
9.30 **Mrs Brown's Boys** 3/6. Agnes worries about Dermot. **10.00** 4/6. Agnes tries to gatecrash Maria's hen do. (S1)
10.30 **Things You Should Have Done** 1/6. The family face another bereavement. **11.00** 2/6. Dave considers asking his rich sister for help. **11.30** 3/6. Ruth tells Chi to help out at a food bank. (S2)
12.00 M'T **FILM Bodies Bodies Bodies** Horror comedy. (2022, 15, 94min) ★★★★
1.30 AM **Two Pints of Lager and a Packet of Crisps**
2.30 **Things You Should Have...**
3.00 **to 4.00** AM **Gavin & Stacey**

BBC4

116 119 | 107/108 | 9/24 | 106 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM **Meet the Ancestors** An investigation into an Anglo-Saxon grave in Suffolk.
7.30 **The Flying Gardener** A visit to Hampshire.
7.50 **The Good Old Days** With Beryl Reid, Roy Castle, Lorna Dallas, Gino Donati and the Valla Bertini members.
8.35 **Hetty Wainthropp Investigates** *Widdershins:* Hetty looks into the apparent suicide of Robert's uncle.
9.25 **Blackshore** 3/6. With the murder victim's daughter missing, Fia is in a race against time. Stars Lisa Dwan. **10.20** 4/6. The past and present begin to merge for Fia as she uncovers the truth behind the abuse of a number of women. (S1)
■ Entire series on BBC iPlayer
11.10 **Angelou on Burns** Writer Maya Angelou visits Ayrshire.
12.00 M'T **Robert Burns: The People's Poet**
1.30 AM **Yes, Prime Minister**
2.30 **Meet the Ancestors**
3.00 **to 3.50** AM **Hetty Wainthropp Investigates**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **A Place in the Sun**
11.00 **Four in a Bed**
1.40 PM **A Place in the Sun**
2.45 **Come Dine with Me** Five editions of the culinary contest from Gloucestershire.
5.25 **Four in a Bed** The contest kicks off at the Red Lion in Charing Heath, Kent. **5.55** The second visit of the week is to Glamp in Style in Battle, East Sussex. **6.25** The third visit of the week is to Tottington Manor in West Sussex.
6.55 **Four in a Bed** The week's final visit is to self-catering Lakeview Studios in Dorset. **7.25** Payment Day arrives.
8.00 **24 Hours in A&E** A 50-year-old motorcyclist is rushed in after crashing head first into a lamp-post.
9.00 **24 Hours in A&E** The wife, mother and daughters of a man who has been hit by a car wait for news from the doctors of whether he has suffered internal injuries.
10.00 **24 Hours in A&E** A teenager with anorexia nervosa is rushed into the paediatrics emergency department with dangerously low blood pressure.
11.05 **999: On the Front Line**
1.15 AM **Emergency Helicopter Medics**
2.20 **24 Hours in A&E**
3.25 **to 3.55** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **Lego Masters Australia** Motorised rollercoaster carriages.
7.40 **Rude(ish) Tube Shorts**
8.00 **Don't Tell the Bride**
9.00 **Modern Family**
11.30 **Ramsay's Kitchen Nightmares USA**
3.30 PM **The Simpsons** Seven episodes, including at: **6.00** *Selma's Choice:* Selma plans to start a family. **6.30** *Oh Brother, Where Bart Thou?* Bart decides he wants a little brother.
7.00 **The Simpsons** *Thursdays with Abie:* A columnist writes stories about Grampa. **7.30** *Once Upon a Time in Springfield:* Romance blossoms between Krusty and his new co-star. **8.00** *Million Dollar Maybe:* Homer wins $1 million on the lottery, but keeps it a secret from his family. **8.30** *Boy Meets Curl:* Homer and Marge head for the Winter Olympics to play for a curling team.
9.00 **Celebrity Gogglebox** Famous faces appraise *Hijack* and *A Wright Family Holiday.*
10.00 **Gogglebox** Opinions on *The Chase Celebrity Special* and *Love Triangle Australia.*
11.05 **Gogglebox**
12.05 AM **First Dates**
2.15 **Gogglebox**
4.05 **to 6.00** AM **Ramsay's Kitchen Nightmares USA**

+1 hr 235/236 | 306 | 30 | 123 | 256

Saturday primetime

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

SATURDAY Entertainment

Saturday

Sky Witness

107 107 110 341 356

6.00 AM **Border Security: America's Front Line**
8.00 **UK Border Force**
9.00 **Stop, Search, Seize**
10.00 **Caught on Dashcam**
11.00 **Brit Cops: Rapid Response**
12.00 NOON **Caught Red Handed** A shopkeeper tears the balaclava from his attacker. **12.40** PM Callous crooks attempt to fleece an elderly couple in their hour of need. **1.20** A car thief comes face to face with the vehicle's owner.
2.00 **Nothing to Declare**

8.00 Caught on Dashcam

7 PM
7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 Caught on Dashcam Road disasters captured on video by drivers' dashboard cameras.

9 PM
9.00 Law & Order: Criminal Intent *Untethered:* 9/22. Detective Goren infiltrates the psychiatric ward of a New York jail. (S7)

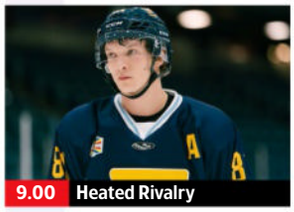
10 PM
10.00 Blue Bloods *The Gray Areas:* 16/18. Danny and Baez investigate the suspicious death of a rising MMA fighter. (S14)
11.00 Law & Order: Special Victims Unit 3/22. A dinner party ends with a violent assault. (S26)
12.00 M'T **Law & Order: Criminal Intent** 5&6/22. (S7)
2.00 AM **Road Wars** Double bill.
4.00 to 6.00 AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
8.00 **Game of Thrones** (S6)
1.55 PM **Game of Thrones** 1/7. Jon organises the North's defences. **3.05** 2/7. Daenerys receives an unexpected visitor. **4.10** 3/7. Sansa receives an unexpected visitor. **5.20** 4/7. Jaime and Bronn collect the spoils from the war with the Tyrells. **6.25** 5/7. Daenerys demands loyalty from the surviving Lannister soldiers. (S7)


9.00 Heated Rivalry

7.35 Game of Thrones *Beyond the Wall:* 6/7. Jon and his men go beyond the wall to capture a white walker, Daenerys has to make a tough decision, and tensions between Arya and Sansa increase. (S7)

9.00 Heated Rivalry New episode *I'll Believe in Anything:* 5/6. Shane reconnects with Ilya at the 2017 all-star game.

10.05 Heated Rivalry Series finale *The Cottage:* 6/6. Scott discusses his coming out on TV while accepting an award. (S1)
11.10 Euphoria 5/10. Kat decides to embrace her new lifestyle, and Jules feels under pressure. **12.15** AM 6/10. Cassie spends time with David, and Nate comes up with a plan. (S1)
1.20 Game of Thrones (S7&8)
4.00 to 6.00 AM **Urban Secrets**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Highway Patrol**
8.00 **Hawaii Five-0** (S9)
11.00 **SEAL Team** Five episodes of the drama, including at: **3.00** PM 3/10. The unit work with the DEA. (S7)
4.00 **Stargate Universe** 6/20. The ship's inhabitants try to find a fresh source of water. **5.00** 7/20. Scientists on Earth propose a way to bring the crew members home. **6.00** 8/20. The crew land on a jungle-like planet and contract a mysterious illness. (S1)

9.00 Rob & Romesh vs Team GB

7.00 Stargate Universe *Life:* 9/20. Camille and Scott visit loved ones on Earth, and the crew find a possible way home.

8.00 Stargate Universe *Justice:* 10/20. Colonel Young becomes the chief suspect when a crew member is killed. (S1)

9.00 Rob & Romesh vs Team GB: Winter Special The duo head to the World Curling Championships in Fredericton, Canada.

10.00 Peacemaker *The Choad Less Travelled:* 4/8. Murn recruits Vigilante following a somewhat successful mission. (S1)
11.00 Peacemaker 5/8. The undercurrent of tension within the team finally explodes. **12.00** M'T 6/8. Auggie Smith returns home with plans to kill his son. (S1)
1.00 AM **The Force: North East**
2.00 Brit Cops: Rapid Response
4.00 to 6.00 AM **Sun, Sea and A&E**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Totally Bonkers Guinness World Records**
7.40 **The Only Way Is Essex**
10.35 **Deal or No Deal**
1.35 PM **The Floor**
2.35 **Ant & Dec's Limitless Win**
3.40 **FILM The SpongeBob SquarePants Movie** Animated family adventure. (2004, U, 87min) ★★★★
5.25 **FILM The Secret Life of Pets 2** Animated sequel with the voice of Patton Oswalt. (2019, U, 86min) ★★★

3.40 Spongebob Squarepants

7.10 FILM Batman v Superman: Dawn of Justice Action adventure starring Ben Affleck, Henry Cavill, Gal Gadot and Jesse Eisenberg. The two superheroes' mutual distrust leads them into a battle to the death manipulated by an evil billionaire. (2016, 12, 164min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Love Island: All Stars New edition Former Islanders get another shot at finding the one.
11.05 Family Guy 11/20. Brian mutilates Stewie's teddy bear. **11.35** 2/20. Peter becomes friends with a paramedic. (S16)
12.05 AM **American Dad!** (S20&13)
1.05 Olivia Attwood: Getting Filthy Rich
2.05 Transaction 3/6. (S1)
2.35 to 3.00 AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Inspector Morse**
10.30 **FILM Carry On Henry** Comedy starring Sidney James. (1971, PG, 89min) ★★
12.10 PM **Rosemary & Thyme**
2.10 **Midsomer Murders** *Death of a Stranger:* A fox-hunt turns sour when a tramp is found dead in the woods. **4.10** *Blue Herrings:* Barnaby investigates a conspiracy at a nursing home. **6.00** *Beyond the Grave:* A village is rocked by a series of ghostly occurrences.

8.00 Midsomer Murders

Midsomer Murders (started at 6.00pm)

8.00 Midsomer Murders *Garden of Death:* A commercial decision to turn Midsomer Deverell's memorial garden into a tea shop proves fatal for members of the Inkpen family, prompting DCI Barnaby to investigate.

10.00 Vera *Shadows in the Sky:* When a dock worker plunges from a multi-storey car park, Vera investigates a work dispute over a young man's death and uncovers a life of secrets and lies.
11.50 Lewis *Entry Wounds – Part One:* The detective comes out of retirement to help look into a neurosurgeon's murder.
1.45 to 2.30 AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **Sportscene: Premiership Highlights** The latest top-flight action, featuring Dundee United v St Mirren and Aberdeen v Livingston.
8.15 **Icons of Football** The story of Charlie Nicholas.
8.45 **Sacked in the Morning** With John Hartson.
9.00 **The Chief** 1/4. Return of the crime comedy starring Jack Docherty. **9.30** 2/4. Miekelson gets a shock when he learns his daughter Ellen is dating an undercover police officer. (S2)
10.00 **Scotland Stands Up** Farmer Jim Smith hosts a night of comedy.
10.30 PM **to 12.00** M'T **FILM Schemers** Comedy drama starring Conor Berry and Tara Lee. (2019, 15, 91min) ★★

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace**
10.30 **Ballers** 1–4/10. (S3)
12.55 PM **Sex and the City**
4.00 **Community** (S1)
6.15 **The Office (US)** 21/25. Dwight finally gets his black belt in karate. **7.00** 22/25. Jim hatches a scheme to derail Dwight's plan. **7.30** 23/25. Andy goes all out to nail his audition. **8.00** 24/25. Dwight and Angela's wedding has a special guest. **8.30** 25/25. Last-ever episode. Pam has a surprise for Jim. (S9)
9.00 **Alex Edelman: Just for Us** The stand-up takes to Broadway for his comedy special.
10.35 **Saturday Night Live**
12.05 AM **FILM Don't Tell Mom the Babysitter's Dead** Comedy starring Christina Applegate. (1991, 15, 105min) ★★★
2.05 **to 5.00** AM **And Just Like That...**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **Tchaikovsky, Swan Lake** A 2014 production.
8.30 **Tales of the Unexpected**
11.00 **Alfred Hitchcock Hour**
1.00 PM **Sparkling Cyanide**
2.50 **The Music of Buddy Holly and the Crickets**
4.45 **Landscape Artist of the Year** The second heat takes place in St James's Park in the City of Westminster.
5.45 **The Beach Boys: Endless Harmony**
8.00 **Simon & Garfunkel: Old Friends – Live on Stage**
10.25 **FILM For a Few Dollars More** Spaghetti Western starring Clint Eastwood and Lee Van Cleef. (1965, 15, 128min) ★★★★
12.55 AM **Johnson & Knopfler's Music Legends** With Tom Jones.
1.50 **Isle of Wight Festival**
3.55 **Discovering: The Cure**
4.50 **to 6.00** AM **Classic Albums**

Sky Mix

151 158 135 11 141 23

6.00 AM **Border Patrol**
7.30 **Border Security: Canada's Front Line**
10.00 **Nothing to Declare**
2.00 PM **Caught on Dashcam**
4.00 **Africa's Hunters**
5.00 **Patrick Aryee's Wild World** Documentary.
7.00 **Big Cats: An Amazing Animal Family** 2/2. Patrick Aryee concludes his exploration of the feline family tree.
8.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.
9.00 **FILM Unhinged** Psychological thriller starring Russell Crowe and Caren Pistorius. A single mother is terrorised by a seemingly mentally-ill stranger. (2020, 15, 90min) ★★★
11.00 **Caught on Dashcam**
1.00 AM **Killer in My Village**
2.00 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Game show.
3.00 **Deal or No Deal: Celebrity Special** Katarina Johnson-Thompson takes on the notorious banker.
4.00 **Riddiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Game show hosted by Stephen Mulhern.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **In with a Shout** Game show hosted by Joel Dommett in which two families try to answer questions, the correct responses to which are hidden within a montage of moving images.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.55 AM **Tenable**
1.45 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Come Dine with Me**
2.00 PM **Location, Location, Location** Property show.
3.00 **A Place in the Sun** Five editions, including at: **7.00** Lee Juggurnauth helps a woman looking for a traditional holiday home in eastern Crete.
8.00 **Kirstie and Phil's Love It or List It** Helping a couple with their dated Cambridgeshire home.
9.00 **Inside the World's Most Luxurious Escapes** The world's most exclusive holiday destinations.
10.00 **FILM The Inbetweeners Movie** Comedy spin-off with Simon Bird, James Buckley, Blake Harrison and Joe Thomas. (2011, 15, 97min) ★★★★
11.55 **Taskmasterclass**
1.00 AM **Celebrity Gogglebox**
2.00 **Taskmasterclass**
3.00 **8 Out of 10 Cats Does Countdown**
4.05 **to 5.00** AM **24 Hours in A&E**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **British Touring Cars**
6.15 **The Big Match Revisited**
8.25 **The Sweeney**
9.30 **Racing: The Opening Show**
10.30 **The Big Match Revisited**
11.30 **The Casebook of Sherlock Holmes** Murder mystery.
12.35 PM **Made in Britain**
1.00 **The Motorbike Show**
3.00 **Junk & Disorderly**
4.05 **River Monsters**
4.40 FILM **633 Squadron** Wartime drama starring Cliff Robertson. (1964, PG, 94min) ★★★

6.45 Goldfinger

6.45 FILM **Goldfinger** James Bond adventure starring Sean Connery. Secret service agent 007 tries to prevent master criminal Auric Goldfinger from knocking off Fort Knox. With Honor Blackman and Gert Frobe. (1964, PG, 111min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **English Football League Highlights** Action from today's EFL matches, including Middlesbrough v Preston North End, Millwall v Charlton Athletic and Sheffield United v Ipswich Town.
10.30 **Wrestling: AEW Dynamite** Hard-hitting action, featuring Jon Moxley and Chris Jericho.
12.35 AM **American Pickers**
1.25 **The Sweeney**
2.20 **The Protectors**
2.50 **Unwind with ITV**
3.30 **to 4.00** AM **Motorsport Mundial**

+1 hour 220 318 118

Sky Sci-Fi

152 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 FILM **Treasure Guards** Adventure starring Anna Friel. (2011, PG, 90min) ★★
1.00 PM **Star Trek: The Next Generation** Five episodes of the sci-fi drama, including at: **4.00** 9/26. A time-travelling historian angers the crew. **5.00** 10/26. Worf's parenting skills are put to the test. (S5)
6.00 **Star Trek: Enterprise** 21/22. Part two of two. The crew try to stop Paxton. (S4)

8.00 Star Trek: Voyager

7.00 **Star Trek: Enterprise** *These Are the Voyages:* 22/22. The ship heads back to Earth in the last-ever episode. (S4)
8.00 **Star Trek: Voyager** *Caretaker – Part One:* 1/16. First-ever episode of the sci-fi adventure starring Kate Mulgrew.
9.00 **Star Trek: Voyager** *Caretaker – Part Two:* 2/16. The stranded crews discover they must work together to escape.
10.00 **Star Trek: Voyager** *Parallax:* 3/16. The crew rescue a ship in distress, but discover it is a mirror image of *Voyager*. (S1)
11.00 **Grimm** 4/13. A terrifying new Wesen targets a young family. **12.00** M'T 5/13. Nick, Hank and Wu investigate a bizarre murder in a local park. **1.00** AM 6/13. A hotel guest claims to be haunted by a frightening creature. **2.00** 7&8/13. (S6)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S8)
10.00 **The Doctor Blake Mysteries**
12.00 NOON **Inspector George Gently** *Gently with the Women:* Bacchus and Gently look into the rape of a prostitute.
2.00 PM **Father Brown** Four episodes, including at: **5.00** *The Queen Bee:* The sleuthing priest investigates the death of a beekeeper.
6.00 **Shakespeare & Hathaway: Private Investigators** 5/10. The local mayor is murdered in the dead of night. (S1)

6.00 Shakespeare & Hathaway

7.00 **Shakespeare & Hathaway: Private Investigators** 6/10. Death threats are made against a former soap star. (S1)
8.00 **Death in Paradise** *Posing in Murder:* 3/8. Humphrey investigates when a young model is strangled during a fashion show. (S5)
9.00 **Father Brown** *The Skylark Scandal:* The local lord is strangled during the Kembleford Ramblers' annual outing.
10.00 **Father Brown** *The Honourable Thief:* Lady Felicia's home comes under threat.
11.00 **Dark Winds** 7/8. Leaphorn and Chee uncover a vital clue. Meanwhile, Special Agent Washington pressures Emma for information. (S3)
12.00 M'T **Murdoch Mysteries**
1.00 AM **Black Sands** 8/8. (S2)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.25 AM **Only Fools and Horses**
12.00 NOON **Only Fools and Horses** Nine episodes of the comedy, including at: **5.20** PM The Trotters agree to do a spot of decorating for Denzil – but their efforts are undone by a dead canary. **6.00** Christmas special from 1987. The Trotter brothers are guests at a wedding, where they are intrigued to hear their dear departed mother inherited the ill-gotten gains of an East End bank robber. Guest stars Joan Sims.

7.20 Only Fools and Horses

7.20 **Only Fools and Horses** The run-down state of Nelson Mandela House prompts Rodney to join the residents' committee.
8.00 **Only Fools and Horses** Rodney joins a band. Guest stars DJ Mike Read. **8.40** Del's latest money-making scheme involves a spot of salmon-poaching. **9.20** Del falls for a glamorous antiques dealer who comes to view an old cabinet.
10.00 **Only Fools and Horses** Rodney unwittingly causes a family crisis. **10.40** Rodney tries to help a drunken woman on the street, but his good deed backfires.
11.20 **Only Fools and Horses**
12.00 M'T **This Time with Alan Partridge** Double bill.
1.20 **Only Fools and Horses**
2.45 **to 4.00** AM **This Time with Alan Partridge**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Hairy Bikers' Best of British** Double bill of editions.
9.00 **Rick Stein's Taste of Shanghai**
10.00 **Top Gear** Double bill.
12.00 NOON **World's Most Dangerous Roads** Double bill.
2.00 PM **Guy Martin: Proper Jobs**
3.00 **Would I Lie to You?** Six editions, including at: **5.40** Rhod Gilbert, Sally Phillips, Des O'Connor and Tess Daly take part. **6.20** With Gabby Logan, Andy Hamilton, Christian Jessen and Diane Parish.

7.00 Gavin & Stacey

7.00 **Gavin & Stacey** The newlyweds argue while on a night out. **7.40** Hapless uncle Bryn organises a special treat for Gwen's birthday.
8.20 **Would I Lie to You?** With Rhod Gilbert, Kelly Hoppen, Hal Cruttenden and Carol Vorderman.
9.00 **Superstore** 2/22. Glenn is fired, so his colleagues walk out in protest. **9.30** 3/22. An accident threatens Amy's plans.
10.00 **Superstore** 4/22. Jonah refuses to sell guns. **10.30** 5/22. Glenn worries about how little he knows his employees. (S2)
11.00 **Not Going Out** Lee performs jury service and manages to put the other 11 jurors on trial. **11.40** Lee decides to organise a family camping trip. **12.20** AM Lee and Lucy suspect Anna is having an affair.
1.00 **to 4.00** AM **Not Going Out**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Cops** Documentary.
9.20 **Blue Bloods** (S6)
2.05 PM **NCIS** Seven episodes, including at: **6.00** *Family Secret:* 16/24. The team suspect that a US Marine has faked his own death. **7.00** *Ravenous:* 17/24. The team track down a serial killer. **8.00** *Bait:* 18/24. The team attempt to stop a suicide bomber. (S3)
9.00 **Instinct** *Stay Gold:* 1/11. Dylan and Lizzie investigate the murder of a successful businesswoman. (S2)
10.00 **Law & Order: Special Victims Unit** *Net Worth:* 14/21. An investment banker accuses her client of rape. (S18)
11.00 **Law & Order: Special Victims Unit** (S18)
1.45 AM **Murder, She Wrote**
3.35 **to 4.00** AM **Cops**

+1hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Friends** (S9)
10.05 **Shoplifters: Caught Red Handed** Double bill.
12.00 NOON **Nightmare Tenants, Slum Landlords** Four editions.
4.00 PM **Call the Bailiffs: Time to Pay Up** Five editions, including at: **6.00** Agents call in the police when a tenant becomes threatening. **7.00** A woman who owes £4,000 in rent. **8.00** Following the work of High Court enforcement agents.
9.00 FILM **Max Payne** Crime action drama starring Mark Wahlberg and Mila Kunis. (2008, 15, 99min) ★★★
11.00 **Accused** 2&6/15. (S1)
12.55 AM **A Killer Makes a Call** Ben Lacomba.
2.25 **Murdered at First Sight**
3.10 **to 4.00** AM **My Lover, My Killer**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.10 **Winter Road Rescue**
9.40 **The Motorway**
11.40 **Motorway Cops: Catching Britain's Speeders** Five editions.
4.40 PM FILM **The Cimarron Kid** Western with Yvette Dugay and Audie Murphy. (1951, U, 84min) ★★
6.30 FILM **Gunfight at the OK Corral** Western starring Burt Lancaster, Kirk Douglas and Rhonda Fleming. (1956, PG, 122min) ★★★★
9.00 FILM **The Fugitive** Thriller starring Harrison Ford and Tommy Lee Jones. A wrongly convicted man escapes on the way to jail and goes in search of the real culprit while evading the forces of the law. (1993, 15, 128min) ★★★★★
11.40 **Banged Up Abroad**
3.40 AM **Trucking Hell**
3.55 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **The Bill**
11.00 **Tipping Point**
3.00 PM **999 Rescue Squad**
7.00 **Pete Wicks: For Dogs' Sake** Pete meets Keira, a dog on the brink of starvation, and gentle old Jack Russell Paige.
8.00 **One Born Every Minute** A woman arrives to give birth wearing full make-up. **9.00** A woman who endured a traumatic birth returns to the ward.
10.00 **The Supervet: Puppy Special** Memories of puppies for whom Noel has provided life-saving treatment since 2014.
11.00 **The Supervet: Noel Fitzpatrick**
12.00 M'T **Inside the Ambulance**
12.30 AM **Louis Theroux: Life on the Edge**
1.35 **to 3.00** AM **Hungry for It**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.15 AM **Birds of a Feather**
9.05 **Lovejoy**
12.05 PM **Father Brown**
1.05 **New Tricks**
3.30 **Jonathan Creek**
4.50 **Art Detectives**
7.00 **The Brokenwood Mysteries** *Spark to a Flame:* 3/6. A resident is bludgeoned to death by an unknown object. (S8)
9.00 **Whitechapel** 1/3. Chandler investigates another set of apparent copycat killings, this time mirroring murders committed by the Krays in the 1960s. (S2)
10.00 **Catch Me a Killer** *The Station Strangler – Part Two:* 2/11. Micki builds a profile of the killer. (S1)
11.00 **The Inspector Lynley Mysteries**
1.00 AM **New Tricks**
2.00 **Lovejoy**
3.05 **to 4.00** AM **Ladies in Black**

+1hr 243 316 60 260

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys**
8.00 **Find It, Fix It, Flog It**
9.00 **Flipping Bangers**
1.00 PM **'Allo 'Allo!**
3.05 **Canal Boat Diaries**
6.05 **Robson Green: World's Most Amazing Walks** The actor walks a lesser-known route in the Douro Valley in northern Portugal. **7.05** Robson explores an ancient trail along the Jurassic Coast in Dorset.
8.05 **Bangers & Cash** Derek takes to the skies for his first ever helicopter flight. **9.05** Dave's drawn to a Fiat Uno 45 in a '1970s beige' with 36,000 miles on the clock. **10.05** Tucked away in the showroom is a World War Two-era Willys Jeep that's ripe for restoration.
11.05 PM **to 3.00** AM **Bangers & Cash**

+1 hour 255 329

SATURDAY Entertainment

Saturday

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** Merseyside.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **The Yorkshire Auction House** Triple bill.
1.00 PM **Antiques Road Trip**
6.00 **Money for Nothing** Repurposed items include a weighing scale and a rusty wheelbarrow. **7.00** Bruce Faulseit turns a sewing machine stand into something special. **8.00** Leigh-Anne Treadwell gets to work on an old blanket box.
9.00 **My Lottery Dream Home** Double bill.
10.00 **Celebrity IOU** New edition Actor Josh Gad hopes to surprise his college best friend with a refreshed studio.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Great! TV

157 167 170 34 32

8.10 AM **Little House on the Prairie** 9-13/26. (S5)
1.10 PM **Little House on the Prairie** Four episodes.
7.00 **Little House on the Prairie** *The Sound of Children:* 20/26. Mary discovers she's pregnant. **8.00** *The Lake Kezia Monster:* 21/26. The Ingalls children try to help an old lady get her land back from Mrs Oleson. (S5)
9.00 **FILM John Grisham's The Rainmaker** Francis Ford Coppola's legal drama adapted from the novel by John Grisham, starring Matt Damon, Danny DeVito, Jon Voight and Claire Danes. (1997, 15, 135min) ★★★★
11.55 **Rumpole of the Bailey**
2.05 AM **Little House on the Prairie** 23/26. (S5)
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257

Great! Action

323 319 426 42 33

9.00 AM **The High Chaparral**
11.00 **FILM Apache Ambush** Western with Bill Williams. (1955, U, 68min) ★★
12.30 PM **FILM Away All Boats!** War adventure. (1956, PG, 118min) ★★
2.55 **FILM Bandolero!** Western adventure. (1968, 15, 106min) ★★★
5.20 **FILM The Texican** Western adventure starring Audie Murphy. (1966, PG, 91min) ★★
7.15 **FILM The Tall T** Western starring Randolph Scott. (1957, PG, 78min) ★★
9.00 **FILM Punisher War Zone** Action thriller with Ray Stevenson and Dominic West. (2008, 18, 103min) ★★★
11.10 **FILM The Hunter's Prayer** Action thriller with Sam Worthington. (2017, 15, 91min) ★★
1.05 AM **The Persuaders!**
3.50 **to 5.50** AM **Cops Uncut**

+1 hour 324

Great! Mystery

321 318 425 50 48

8.00 AM **Police Ten 7**
8.30 **Diagnosis Murder**
9.30 **FILM Past Malice** Drama. (2018, PG, 90min) ★★
11.25 **FILM Dearly Depotted** Drama. (2016, PG) ★★
1.20 PM **FILM Words Can Kill** (2019, PG) ★★
3.15 **FILM A Murder in Mind** Drama. (2019, PG) ★★
5.10 **Hailey Dean Mysteries: Dating Is Murder** (S1)
7.05 **FILM Ships in the Night** Thriller. (2021, PG) ★★
9.00 **FILM Countdown to Murder** Crime drama. (2019, PG, 83min) ★★
10.55 **The Chronicle Mysteries: Helped to Death** Crime drama.
12.50 AM **FILM Willed to Kill** Mystery thriller. (2012, 12, 84min) ★★★
2.30 **FILM Cries in the Dark** Suspense thriller. (2006, PG, 90min) ★★
4.00 **to 5.00** AM **Sue Thomas: F.B.Eye**

+1 hour 322

Great! Romance

319 317 424 52 47

8.00 AM **FILM October Kiss** Drama. (2015, PG) ★★
10.00 **FILM Two Chefs and a Wedding Cake** Comedy. (2022, U, 91min) ★★
12.00 NOON **FILM True Love Blooms** (2019, PG) ★★
1.55 PM **FILM The Love Gala** Romantic comedy. (2023, PG, 86min) ★★
3.55 **FILM Flip That Romance** Drama. (2019, PG) ★★
5.55 **FILM Let Love Grow** Drama. (2023, U) ★★
7.55 **FILM Flowers and Honey** Romantic drama. (2021, PG, 90min) ★★
9.55 **FILM Once Upon a Holiday** Romance. (2015, PG, 85min) ★★
11.50 **FILM Hint of Love** Romantic comedy. (2020, PG, 90min) ★★
1.50 AM **Highway to Heaven**
2.40 **FILM The Way to the Heart** (2022, PG) ★★
4.10 **to 5.00** AM **Highway to Heaven**

+1 hour 320

Rewind TV

182 81 141

6.00 AM **Sherlock Holmes**
7.00 **Star Maidens**
7.30 **That's My Dog**
8.00 **The Lovers**
9.30 **The Fenn Street Gang**
11.00 **Boon** 9/13. (S2)
12.00 NOON **The Prime of...**
1.00 PM **Lady Killers**
2.00 **The Champions**
3.00 **That's My Dog**
3.30 **The Dustbinmen** (S2)
5.00 **The Champions**
6.00 **Boon** 9/13. (S2)
7.00 **Star Maidens**
7.30 **The Brian Conley Show**
8.00 **Lady Killers** Dr. Crippen.
9.00 **Dark Skies** 5/20. (S1)
10.00 **FILM Sex and the Other Woman** (1972, 18) ★★
11.45 **Stereo Underground**
12.45 AM **Hank the Cowboy**
1.00 **The Prime of Miss Jean Brodie** 3/7. (S1)
2.00 **FILM Fanny Hill** Comedy. (1964, 18, 104min) ★★
4.00 **Dark Skies** 5/20. (S1)
5.00 **to 6.00** AM **Stereo Underground**

DMAX

158 151 169 39 147 35

6.00 AM **Deadliest Catch**
10.00 **Outback Opal Hunters**
1.00 PM **The Snake Catcher**
4.00 **Aussie Gold Hunters**
7.00 **Hoarding: Buried Alive** A 16-year-old girl gets a visit from a reformed extreme hoarder. **8.00** A home filled with bin pickings.
9.00 **Paranormal: Caught on Camera** A family capture footage of an emaciated cryptid.
10.00 **Ghost Adventures** A woman believes she is being terrorised by the demon responsible for her father's death. **11.00** Zak Bagans and the crew are called to investigate ominous forces in Helper, Utah.
12.00 M'T **Unexplained: Caught on Camera**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1 hour 258 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **Barefoot Contessa: Back to Basics**
11.00 **Paul Hollywood: City Bakes** Four editions.
1.00 PM **James Martin's American Adventure**
3.00 **Rick Stein's Food Heroes** Double bill.
4.00 **Rick Stein's Food Heroes: Another Helping** Six editions.
7.00 **Secret Eats with Adam Richman** Adam is in Portland, searching for a huge off-menu burger. **7.30** Adam's in Nashville for off-menu deep fried grilled cheese. **8.00** Adam samples secret menu items at a New Orleans pizzeria. **8.30** Adam tries a secret beer-filled burger at a Philadelphia eatery.
9.00 PM **to 3.00** AM **Diners, Drive-Ins and Dives**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

7.00 AM **FILM George and the Dragon** Fantasy. (2004, PG) ★★★
9.00 **Charlie's Angels** (S5)
2.00 PM **FILM Red Sun** Spaghetti Western. (1971, 15, 112min) ★★★
4.10 **FILM Delete** Sci-fi thriller with Seth Green. (2012, 15, 90min) ★★★
8.00 **The Twilight Zone** (S4)
9.00 **FILM Battle: Los Angeles** Sci-fi adventure starring Aaron Eckhart and Michelle Rodriguez. (2011, 12, 116min) ★★★
11.15 **FILM Speed Kills** Action adventure starring John Travolta and Katheryn Winnick. (2018, 15, 102min) ★★
1.15 AM **FILM Nowhere to Run** Romantic action thriller starring Jean-Claude Van Damme. (1993, 15, 95min) ★★
3.10 **to 5.00** AM **FILM Red** Thriller with Brian Cox. (2008, 15, 93min) ★★

Legend Xtra

317 316 171 69 138 51

9.00 AM **The Twilight Zone**
10.00 **Frank Herbert's Children of Dune**
12.00 NOON **Frank Herbert's Children of Dune**
4.00 PM **The Lost World** (S1)
9.00 **FILM Welcome to the Punch** Thriller starring James McAvoy and Mark Strong. A London detective's quest to catch a master criminal falls foul of political and police corruption. (2013, 15, 98min) ★★★
11.00 **FILM Vendetta** Action thriller with Danny Dyer and Roxanne McKee. (2013, 18, 106min) ★★
1.05 AM **FILM Welcome to the Punch** As 9.00pm.
3.10 **FILM Frankenstein Created Woman** Horror starring Peter Cushing and Thorley Walters. (1966, 15, 95min) ★★★
5.00 **to 6.00** AM **The Twilight Zone**

+1 hour 318 371 139

Blaze

156 169 174 64 161 41

6.00 AM **Hardcore Pawn**
8.20 **Pawn Stars** Double bill.
10.10 **UFO Encounters UK**
11.10 **Ancient Aliens: Origins**
1.05 PM **The Proof Is Out There** Four editions.
4.05 **Egypt's Unexplained Files** The mysteries of ancient Egypt's elite.
5.05 **Legends of the Pharaohs** Four editions of the series, including at: **7.00** Amenhotep II's acts of diplomacy. **8.00** How Akhenaton's legacy influenced the work of future craftsmen.
9.00 **Holy Marvels with Dennis Quaid** Speculation about how the world will end.
10.00 **Clash of Ancient Warriors** The Battle of Teutoburg Forest.
11.00 **The UnXplained with William Shatner**
1.00 AM **Strangest Things**
2.00 **UFO Hunters**
3.00 **to 6.00** AM **UFO Files**

5SELECT

153 166 138 46 133 30

9.00 AM **Murder, She Wrote**
1.00 PM **Murder, She Wrote** Six episodes, including at: **6.00** *Murder in Milan:* Jessica investigates a film producer's death.
7.00 **Abandoned Engineering** An abandoned prison beneath the water and a tunnel in the heart of a mountain.
8.00 **Battle Front: WWII Road to Victory** Germany's attempt to secure the Norwegian port of Narvik. **8.30** A look at how, after invading France, Hitler set his sights on crossing the Channel.
9.00 **WW2: The End** The story of the conflict through the eyes of its combatants. **10.00** The horrors that preceded the joy of VE and VJ Day.
11.00 **Nazi Killing Fields**
12.10 **to 4.00** AM **Wentworth Prison**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Dickinson's Real Deal**
11.00 **Celebrity Catchphrase**
12.00 NOON **Tenable**
2.00 PM **Lily Savage's Blankety Blank**
4.00 **The Chase** Quiz show.
5.00 **The Chase Celebrity Special** Melvin Odoom, Carl Fogarty, Louis Smith and Bonnie Langford compete for charity. **6.00** With guests Sally Lindsay, Jenny Frost, Shaun Williamson and Barry McGuigan.
7.00 **The Chase** Double bill of the quiz show.
9.00 **The Chase Celebrity Special** Scott Mills, Gareth Malone, Louise Minchin and Glenn Hoddle compete.
10.00 **The Chase** Quiz show.
11.00 **Bullseye** Six editions.
2.00 AM **The Chase**
4.00 **The Chase Celebrity Special** Quiz show.
5.00 **to 6.00** AM **The Chase**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Young Sheldon**
10.00 **Georgie and Mandy's First Marriage**
11.00 **The Big Bang Theory**
7.00 PM **The Big Bang Theory** 18/23. Sheldon wins a prestigious prize. **7.30** 19/23. Sheldon competes against actor Wil Wheaton once again. **8.00** 20/23. Sheldon attempts to conceal his friendship with Penny from Leonard. **8.30** 22/23. The origins of Sheldon and Leonard's friendship are revealed. (S3)
9.00 **FILM Transformers: Dark of the Moon** Sci-fi action adventure sequel starring Shia LaBeouf. (2011, 12, 154min) ★★★
12.00 M'T **Young Sheldon**
1.00 AM **Dr Pimple Popper**
2.00 **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Stupid Central**
9.00 **Friends** 1-8/25. (S3)
1.00 PM **Friends** (S3)
6.55 **FILM 3 Men and a Little Lady** Comedy sequel. (1990, PG, 103min) ★★
9.00 **FILM Dodgeball: A True Underdog Story** Comedy starring Vince Vaughn, Christine Taylor and Ben Stiller. (2004, 12, 92min) ★★★★
10.45 **FILM PREMIERE Strangers with Candy** Comedy starring Amy Sedaris, Stephen Colbert and Paul Dinello. (2005, 15, 100min) ★★★
12.25 AM **8 Out of 10 Cats Uncut** With Rob Beckett.
1.15 **Out of Order**
2.15 **Drunk History**
3.15 **Iain Stirling's Roast the Internet**
4.00 **MTV Cribs: Comedians Specials** With Tom Allen.
4.15 **to 5.00** AM **Comedy Game Night**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S5)
7.00 **Teleshopping**
9.00 **Michael McIntyre's Big Show** As 6.00pm.
10.00 **Everybody Loves Raymond** (S5&6)
6.00 PM **Michael McIntyre's Big Show** With guests Camila Cabello, Harry Redknapp and Westlife.
7.00 **Friends** 15/25. Rachel and Ross take a break from each other. **7.30** 16/25. Rachel discovers Ross's infidelity. **8.00** 17/25. Ross and Rachel's separation begins to cause friction among the group. **8.30** 18/25. Frank makes an announcement. (S3)
9.00 **Friends** (S3&4)
2.00 AM **New Girl** (S2)
3.00 **South Park** (S4)
4.30 **Jimmy Carr's Am I the A**hole?**
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 164 42

8.00 AM **That's 60s: Best Music Live!**
8.20 **On the Buses**
9.20 **Goodnight Sweetheart** Four editions.
1.05 PM **Goodnight Sweetheart** (S2)
2.15 **Man About the House**
5.20 **Rising Damp** (S2)
5.50 **Rising Damp Christmas Special** 8/8. (S2)
6.20 **Rising Damp** (S3)
7.55 **Minder** 1/13. (S3)
9.00 **Benidorm** 6/9. (S9)
9.55 **Shameless** 13/14. (S11)
10.55 **Man About the House**
11.25 **Rising Damp** (S4)
12.00 M'T **Benidorm** 6/9. (S9)
12.55 AM **Shameless** (S11)
1.55 **The Kenny Everett Video Show** (S3)
2.30 **Man About the House**
2.55 **Duty Free** (S2)
3.20 **The Osbournes**
3.45 **That's 60s: Best Music Live!**
4.00 **Nearest and Dearest**
4.50 **to 6.00** AM **European Rail**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **Teen Mom 2**
8.00 **Teen Mom: The Next Chapter** Five editions.
1.00 PM **Catfish: The TV Show** Four editions.
5.00 **Catfish: On the Run**
6.00 **Catfish: The TV Show** Triple bill, including at: **8.00** Nev and Max discover that Dejay and Malik are being played by the same guy.
9.00 **True Life Crime UK** The case of Champion Ganda, who was stabbed to death in broad daylight.
10.00 **FILM Halloween** Horror starring Jamie Lee Curtis and Judy Greer. (2018, 18, 106min) ★★★★
12.00 M'T **Caught in the Act: Unfaithful** Reality series.
1.00 AM **Black Ink Crew New York** Double bill.
2.45 **Teen Mom Family Reunion** Reality series.
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **Alien Encounters: Fact or Fiction** Five editions.
11.00 **Mystery at Blind Frog Ranch**
12.00 NOON **Gold Rush** Seven editions, including at: **2.00** PM Tensions escalate when two crew members get into a fight on Kevin's claim. **3.00** Rick runs the last of Rally Valley's pay dirt. **4.00** Parker runs a third wash plant for the first time. **5.00** Brennan confronts one of Kevin's crew members. **6.00** Parker unleashes chaos to get four plants running.

11.00 Mystery at Blind Frog Ranch

Gold Rush (started at 6.00pm)

8.00 Secrets Underground Rob Nelson investigates rumours of a secret underground escape route used by Al Capone.

9.00 Marooned with Ed Stafford Ed must navigate razor-sharp rocks among the karst spires of Guangxi China.

10.00 In the Eye of the Storm In December 2021, an out of season long-track tornado travels across western Kentucky.

11.00 **Expedition Unknown** Josh Gates dives into the Pacific to find a lost P-47 Thunderbolt piloted by an American hero in a World War Two raid.
12.00 M'T **Moonshiners** Triple bill.
3.00 AM **Street Outlaws**
4.00 **to 5.00** AM **Street Outlaws: Locals Only**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Crikey! It's the Irwins**
10.00 **Lone Star Law**
11.00 **Dr Jeff: Rocky Mountain Vet**
1.00 PM **Pit Bulls & Parolees**
3.00 **My Cat from Hell** Jackson Galaxy tries to save 50 kittens. **4.00** Jackson helps a man deal with his cat phobia.
5.00 **Treehouse Masters** Pete Nelson takes on his first international build in Norway.
6.00 **Saved by the Barn** Dan races to rescue a group of pigs from horrific living conditions.

7.00 How Do Animals Do That?

7.00 How Do Animals Do That? How swarms of blind bats avoid collision. **7.30** How humpback whales can leap so far.

8.00 Extinct or Alive Forrest Galante combs the Florida Everglades for the black panther, which has never been seen in the US.

9.00 Alaskan Bush People: Book of Ami Brown family matriarch Ami shares her memories of living in the wild.

10.00 Tanked Boxer Fernando Vargas asks Brett and Wayde to make a boxing glove-shaped tank for his gym in Las Vegas.

11.00 **Alaska: The Last Frontier** Otto creates a calf caboose at the bay, while Atz Lee and Jane bring sustainable solar power to their remote cabin.
12.00 M'T **Project Grizzly**
2.00 AM **The Haunted**
3.00 **Extinct or Alive**
4.00 **to 5.00** AM **The Zoo**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Megafactories**
9.00 **Car S.O.S** Triple bill.
12.00 NOON **Air Crash Investigation**
2.00 PM **Pirates: Behind the Legends** Henry Morgan.
3.00 **Incas: The Rise and Fall** The history of the ancient South American civilisation. **4.00** How the empire expanded at lightning speed.
5.00 **Air Crash Investigation** The 2004 Flash Airlines crash into the Red Sea. **6.00** Examining similarities between two accidents.

10.00 Erased: WWII Heroes...

7.00 Seconds from Disaster An investigation into the 1999 Paddington train crash, asking whether it could have been avoided.

8.00 Hitler Youth 1/2. The story of the Nazi youth organisation, which was used to indoctrinate German boys in the 1930s.

9.00 Hitler Youth 2/2. A look at the expansion of the organisation in the build-up to World War Two.

10.00 Erased: WWII Heroes of Colour The stories of people of colour during World War Two, focusing on D-Day soldiers.

11.00 **Pole to Pole with Will Smith** Will joins local Waorani elder Penti Baihua in the Amazon in search of the world's biggest snake – the green anaconda.
12.00 M'T **Air Crash Investigation**
2.55 AM **Food Factory** Double bill.
3.45 **To Catch a Smuggler**
4.35 **to 5.00** AM **Made in a Day**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Swamp People**
8.00 **Full Custom Garage**
10.00 **The Curse of Oak Island**
11.00 **Storage Wars** Six editions.
2.00 PM **Secrets of Great British Castles** Exploring Leeds Castle. **3.00** Lancaster Castle. **4.00** Arundel Castle.
5.00 **Britain's Lost Battlefields with Rob Bell** Boudicca's uprising against the Roman occupation of Britain.
6.00 **Gold Wars Downunder** Three hardcore mining teams battle it out to unearth the most gold.

7.00 Airport Security USA

7.00 Airport Security: USA In Atlanta, officers discover two large bottles of liquid that could be the date rape drug GBL.

8.00 Airport Security: USA Officers stop a woman trying to settle in the US illegally, and recover narcotics from a bag.

9.00 Contraband: Seized at Sea In Puerto Rico, agents target a notorious drug-trafficking gang in a series of night-time raids.

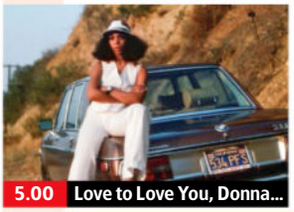
10.00 Contraband: Seized at Sea Border agents search for a group of migrants after a boat is beached in Puerto Rico.

11.00 **Hells Angels: Kingdom Come** A look at how the Hells Angels claimed their throne.
12.00 M'T **Close Encounters** Strange lights reported near a US Air Force base on England's east coast in 1980.
12.30 AM **Close Encounters**
1.25 **Storage Wars** Six editions.
4.10 **to 6.00** AM **Airport Security: USA**

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **Discovering: Sissy Spacek**
7.00 **Discovering: Alan Rickman**
8.00 **The Directors**
9.00 **Critical Incident: Death at the Border** Documentary.
10.45 **Chimp Crazy** 1-4/4.
3.00 PM **Bright Lights: Starring Carrie Fisher and Debbie Reynolds** Documentary.
5.00 **Love to Love You, Donna Summer** A profile of the singer, following her career from the avant-garde music scene in Germany, to the bright lights of dance clubs in New York.



5.00 Love to Love You, Donna...

7.00 Gary A look at the life and mysterious death of actor Gary Coleman, who shot to fame in the late-1970s as Arnold in hit sitcom *Diff'rent Strokes*.

9.00 How the Beatles Changed the World Through exclusive interviews and rarely seen footage, this film reveals the story of how four young men from Liverpool transformed the world for ever.

11.10 **FILM When We Were Kings** Oscar-winning documentary about the legendary 'Rumble in the Jungle' boxing bout. (1996, PG, 87min) ★★★★★
12.50 AM **FILM The Armstrong Lie** Documentary about Lance Armstrong's fall from grace. (2013, 15, 124min) ★★★★
3.10 **Missile from the East**
5.00 **to 6.00** AM **The Directors**

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **Chasing Classic Cars**
8.00 **Wheeler Dealers**
3.00 PM **Shed and Buried**
7.00 **Shed and Buried: Classic Cars**
8.00 **Guz Khan's Custom Cars** The comedian begins a mission to modify a Honda S2000 into a dream custom car.
9.00 **The Repair Shop** The experts restore a coil purse, a Flamenco guitar and a taxi meter.
10.00 **The Yorkshire Auction House** Horse drawn carts and porcelain poodles find new homes.
11.00 **Australian Open Tennis**
12.00 M'T **Outback Opal Hunters** Documentary.
1.00 AM **Treasure Hunters Down Under**
2.00 **Mystery at Blind Frog Ranch** Double bill.
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

6.00 AM **Animal Cops Phoenix** Documentary.
7.00 **Helicopter ER**
9.00 **Cops UK: Bodycam Squad** Double bill.
11.00 **Faking It: Tears of a Crime** Ian Huntley.
12.00 NOON **Forensic Detectives** Triple bill.
3.00 PM **Where Murder Lies** Six editions of the series.
9.00 **The Murder Tapes** New edition When 60-year-old Ilene Gowan vanishes, her family fear the worst.
10.00 **Police 911: Michigan** New edition A seemingly accidental overdose becomes a murder investigation.
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Documentary.
3.00 **to 4.00** AM **FBI Files**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
6.05 **The Killer You Know** Investigators dive into cases of betrayal. **7.00** Affairs, rage and greed lead investigators down twisted roads. **8.00** Focusing on startling cases of overkill.
9.00 **Britain's Countryside Killers** The murder of 18-year-old Lily Sullivan in Pembroke. **10.00** The tragic story of Sarah Williams. **11.00** The village of Bosham in West Sussex is rocked by the murder of Valerie Graves, an artist and grandmother. **12.00** M'T The case of Michael O'Leary, murdered by his best friend Andrew Jones.
1.00 AM **The Killer You Know** Triple bill.
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Medical Detectives**
12.00 NOON **48 Hours**
3.00 PM **Facing Evil** The story of 18-year-old Sarah Luderman, who was stabbed to death by Rachel Wade. **3.30** Shirley Jo Phillips and Wilma Plaster were friends, but when Wilma suspects her friend of stealing, things turn sour, and police find Wilma's scattered body parts.
4.00 **A Secret to Die For** Henry Stange's life is irrevocably altered after a motorcycle accident.
5.00 **See No Evil** The murder of Alajawan Brown in Skyway, Washington.
6.00 **Judge Judy** Real-life small-claims cases.
2.00 AM **A Secret to Die For**
3.00 **See No Evil** As 5.00pm.
4.00 **Citizen Detective**
4.45 **Facing Evil** Double bill.
5.35 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Highway Cops**
8.00 **Brit Cops: Law & Disorder** Documentary.
9.00 **Caught on Dashcam**
10.00 **Murders That Shocked the Nation**
11.00 **World's Most Evil Killers**
1.00 PM **Forensics: Catching the Killer** Double bill.
3.00 **Killer in My Village**
5.00 **Britain's Most Evil Killers** Double bill.
7.00 **Forensics: Catching the Killer** Double bill.
9.00 **NEW The Boston Strangler: Unheard Confession** Extracts from the audio tapes of Albert DeSalvo's confession.
10.45 **World's Most Evil Killers**
11.50 **Britain's Most Evil Killers** Double bill.
2.00 AM **Murdered at First Sight** Documentary.
3.00 **Love You to Death**
4.00 **to 6.00** AM **Motorway Patrol**

+1hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours of the Scottish Islands**
8.40 **Ukraine 1933: Seeds of Hunger** As 7.35pm.
9.50 **A Nation Denied: Ukraine's Battle for History** 1&2/2.
11.50 **Ukraine 1933: Seeds of Hunger** As 7.35pm.
1.00 PM **Grand Tours of the Scottish Islands**
1.55 **WWII in Colour: Road to Victory** Five editions.
7.35 **Ukraine 1933: Seeds of Hunger** The story of the Ukrainian famine between 1931 and 1933.
8.40 **A Nation Denied: Ukraine's Battle for History** 1&2/2. Tracing Ukraine's history from the ninth century to the turbulent 20th century.
10.50 **Ukraine 1933: Seeds of Hunger** As 7.35pm.
12.00 M'T **Hunting the KGB Killers** Documentary.
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

SATURDAY

Saturday

Sky Nature

145 113/114 189 354 369

6.00 AM **Big Cat Country**
10.00 **Dawn to Dusk**
12.00 NOON **Extraordinary Animals**
1.00 PM **Becoming Elephant: The Orphans of Reteti**
2.00 **Volcanic Odysseys**
4.00 **Loons: A Cry from the Mist**
5.00 **America's Wild Border: Northern Exposure**
6.00 **David Attenborough's Rise of Animals: Triumph of the Vertebrates** Double bill.
8.00 **Battle of the Alphas** Footage of animals doing battle in South America. **8.30** Footage of creature conflicts in south-east Asia.
9.00 **The Predator's Playbook** The features that allow predators to survive in hostile environments.
10.00 **Living Beach** A look at remarkable beaches around the world, beginning in Florida. **11.00** The ecosystems supported by the high tides of Nova Scotia's Bay of Fundy.
12.00 M'T **Battle of the Alphas**
1.00 AM **The Predator's Playbook**
2.00 **to 6.00** AM **Wild Family Ties**

Crime+Investigation

139/140 142 133

6.00 AM **On the Case with Paula Zahn** Triple bill of editions.
8.55 **Court Cam**
3.40 PM **My Strange Arrest**
5.00 **Buried in the Backyard**
6.00 **The Real Murders of Orange County** A hockey player is found dead in Newport Beach. **7.00** Investigators uncover long-buried secrets when working on a murder case.
8.00 **Killer Grannies** Crimes committed by older women.
9.00 **Murder on Trial** A woman disappears from her home in the middle of a renovation.
10.00 **Don't Open the Door** Kelli Underwood relocates to a small town north of Dallas, but the fresh new chapter comes to an end with a knock at her door.
11.00 **Fear Thy Neighbour**
1.00 AM **Sin City Murders**
2.00 **Hometown Tragedy**
3.00 **Meet, Marry, Murder**
4.00 **to 6.00** AM **On the Case with Paula Zahn**

+1 hour 256 333

U&Eden

166 134/162 176 57 160 142

9.00 AM **The Two Ronnies**
1.30 PM **The Two Ronnies**
5.55 **The Two Ronnies** Featuring spoonerisms galore with Messrs Barker and Corbett, and another instalment of the gripping *Death Can Be Fatal*, with a musical finale to finish. **6.40** Continuing the saga of *Death Can Be Fatal*, as well as a guest appearance from the Aldershot Brass Ensemble and Patrick Moore's brother. **7.25** Vintage comedy sketches from 1976, featuring a classic Morris dancers skit, and poet Pam Ayers mercilessly sent up by Ronnie Barker. **8.25** Vintage comedy from Messrs Barker and Corbett, including the Drinks order and June 9th 2001 News, plus music by Barbara Dickson. **9.25** Including the Cricket Commentators and Chelsea Pensioners sketches.
10.20 PM **to 6.00** AM **The Two Ronnies**

+1 hour 266 376

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **History's Greatest Aircraft**
10.00 **Soviet Storm: WWII in the East**
11.00 **Digging Up Britain's Past**
12.00 NOON **Digging for Britain**
1.00 PM **Britain's Most Historic Towns** Victorian Belfast.
2.00 **Ancient Aliens**
4.00 **WW2 Air Crash Detectives**
6.00 **Britain's Most Historic Towns** Alice Roberts explores the Georgian era in Bristol. **7.00** Alice explores Cardiff's Edwardian past.
8.00 **What on Earth?** A lake in Canada that may hold the key to whether life exists on Mars.
9.00 **Ross Kemp: Mafia and Britain** Britain's surprising and deep-rooted links with the Mafia.
10.00 **WWII Battles in Colour** Germany's all-out assault on the Soviet Union.
11.00 **Ancient Aliens** Double bill.
1.00 AM **Behind History**
2.00 **Evidence of the Unexplained**
3.00 **WW2 Air Crash Detectives**
5.00 **to 6.00** AM **Footprints of Civilisation**

WILD

165 145/133 182

8.00 AM **Bizarre Animal Friends**
9.00 **Heartland Docs**
10.00 **Secrets of the Zoo**
11.00 **The Incredible Dr Pol**
12.00 NOON **Yukon Vet**
2.00 PM **World's Deadliest: Super Snakes** Documentary.
3.00 **Ice Road Rescue**
5.00 **Snakes in the City**
7.00 **Heartland Docs** The Schroeders untangle a cat's hairy situation, and solve the case of a horse's weight gain.
8.00 **Secrets of the Zoo: Tampa** The vets have plenty on their plate, including surgery on a painted dog, a duck that won't stop laying eggs and a parrot with neck trouble. **9.00** Romance is in full bloom at ZooTampa as elephants play matchmaking.
10.00 **Monster Snakes** Documentary about the world's most dangerous constrictors.
11.00 **Snakes in the City**
12.00 M'T **Lawless Island**
2.00 AM **Fish Tank Kings**
4.00 **to 5.00** AM **Yukon Vet**

ID

154 140 166

8.00 AM **Feuds Turned Fatal**
10.00 **Breaking Homicide**
12.00 NOON **Who Killed Jane Doe?**
2.00 PM **Murder in the Heartland**
4.00 **Disappeared** Double bill.
6.00 **Murder Comes to Town** A case from Poteau, Oklahoma, in which saloon proprietor Joe Neff went missing. **7.00** The murder of self-made millionaire Buddy Parker's 26-year-old daughter Tara Swilley, who died after the carpet company owner's home was raked with gunfire in 2004.
8.00 **Mean Girl Murders** The stabbing of volleyball star Stacy DeGrandchamp.
9.00 **911: Did the Killer Call?** A mother is killed in her home.
10.00 **Body Cam** In Georgia, a suspected drug dealer won't go down without a fight.
11.00 **The Curious Case of...**
12.00 M'T **Crime Scene Confidential**
2.00 AM **Deadly Secrets**
4.00 **to 6.00** AM **Til Death Do Us Part**

+1 hour 254 366

Discovery Science

167 148 179

8.00 AM **Blowing Up History**
10.00 **How It's Made**
12.00 NOON **How It's Made: Dream Cars** Four editions.
2.00 PM **How the Universe Works**
4.00 **NASA's Unexplained Files**
6.00 **How It's Made** Four editions.
8.00 **Alien Highway** Chuck Zukowski and the team investigate an unusual sighting in Utah. **9.00** Chuck and the team examine the link between UFOs, the military and the ocean.
10.00 **The Alaska Triangle** A cryptozoologist investigates reports of a sea monster in Alaska and examines never-before-seen video evidence. **11.00** A woman claims to be under attack from an unseen force, which could be linked to a Native American legend.
12.00 M'T **Expedition Bigfoot**
2.00 AM **Unexplained and Unexplored** Double bill.
4.00 **to 6.00** AM **How It's Made: Dream Cars**

+1 hr 267 379

Discovery History

174 147 181

7.00 AM **Shed and Buried**
9.00 **Combat Dealers**
12.00 NOON **Shed and Buried**
3.00 PM **Salvage Hunters: The Restorers** Triple bill.
6.00 **How the Universe Works** Experts and theorists explain the science behind the sun. **7.00** The brightest minds and theorists on the planet explore the limits of human knowledge and explain the science behind the microcosmos. **8.00** New discoveries that have revealed alien worlds.
9.00 **Treasure Quest: Snake Island** The team find the entrance to an underground tunnel system. **10.00** The team are trapped in an ancient underground tunnel, and rig a remote-controlled camera to find the expedition's most significant treasure. **11.00** Shawn and Jeremy find their first piece of Jesuit gold.
12.00 M'T **Blowing Up History: Seven Wonders**
2.00 **to 5.00** AM **Combat Dealers**

+1 hour 274 381

Discovery Turbo

161/172 146 180

7.00 AM **Kindig Customs**
10.00 **FourWheeler**
11.00 **G.A.S. Extreme Customs**
12.00 NOON **Shorty's Dream Shop**
5.00 PM **Texas Metal** Triple bill.
8.00 **Garage Squad** A 1967 Nova has been stuck in a mechanical limbo for years, so the squad take the job as a memorial to the owner's late father's dream of getting it on the track. **9.00** The squad work on a 1975 Corvette that has been sitting in a police officer's garage for more than 15 years. **10.00** A group of friends from high school get back together to rescue a 1971 Dodge Dart.
11.00 **Shed and Buried** Henry and Sam discover Norton motorbikes and Italian mopeds. **11.30** Henry and Sam look for treasures in Hertfordshire. **12.00** M'T Obscure agricultural implement in the Cotswolds. **12.30** AM Henry and Sam uncover more vintage treasures.
1.00 **to 4.00** AM **Kindig Customs**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.35 AM **PREMIERE Super Charlie**
8.05 **Borderline** (2025, 15) ★★★
9.50 **Friendship** (2025, 15) ★★★★
11.35 **Nuremberg** As 10.50pm.
2.05 PM **PREMIERE Super Charlie** Animation with the voice of Karen Ardiff. (2024, PG, 82min)
3.40 **Smurfs** Fantasy comedy. (2025, PG, 89min) ★★
5.15 **The Ballad of Wallis Island** Comedy. (2025, 12) ★★★★
7.00 **28 Years Later** Horror sequel. (2025, 15, 115min) ★★★★

2.05 Super Charlie

28 Years Later
(film started at 7.00pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **The Toxic Avenger** Horror comedy starring Peter Dinklage. A horrible toxic accident transforms a downtrodden janitor into a new evolution of hero. With Kevin Bacon. (2023, 18, 102min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.50 **Nuremberg** Thriller starring Russell Crowe. A US Army psychiatrist is sent to assess Nazi prisoners to decide if they are fit for trial. (2025, 15, 148min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.20 AM **28 Years Later** (2025)
3.20 **All the Devils Are Here** Thriller starring Eddie Marsan. (2025, 15, 87min) ★★★★
4.55 **to 6.25** AM **PREMIERE Super Charlie** As 2.05pm.

Sky Cinema Brit Hits

303 303 403 503 517

6.35 AM **Wallace & Gromit: Curse of the Were-Rabbit** (2005)
8.15 **Robin and the Hoods** (2024)
10.10 **Oliver!** Oscar-winning musical. (1968, U, 146min) ★★★★★
12.40 PM **The BFG** (2016) ★★★★
2.40 **Wallace & Gromit: Curse of the Were-Rabbit** Animation. (2005, U, 85min) ★★★★★
4.20 **Robin and the Hoods** Comedy. (2024, PG, 101min) ★★
6.10 **Bridget Jones's Diary** Comedy. (2001, 15, 96min) ★★★★

6.10 Bridget Jones's Diary

8.00 **Bridget Jones: The Edge of Reason** Romantic comedy sequel starring Renée Zellweger. The insecure thirtysomething's blissful new relationship comes under threat when she is thrown together with her caddish ex-boss. (2004, 15, 108min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **About Time** Romantic comedy fantasy starring Domhnall Gleeson and Rachel McAdams. A young man inherits the ability to time-travel into his past. With Bill Nighy. (2013, 12, 120min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Wish You Were Here** Drama starring Isabelle Fuhrman and Mena Massoud. (2025, 12, 99min) ★★★
2.00 **Paul Dood's Deadly Lunch Break** Dark comedy thriller starring Tom Meeten. (2021, 15, 95min) ★★
3.45 **to 6.00** AM **About Time**

Sky Cinema Drama

310 310 410 510 524

7.30 AM **Ordinary Angels** (2024)
9.35 **Babylon** As shown at 5.10am.
11.15 **Coach Carter** Sports drama. (2004, 12, 136min) ★★★
1.35 PM **Valentine's Day** Romantic comedy. (2010, 12, 125min) ★★★
3.45 **P.S. I Love You** Comedy drama. (2007, 12, 121min) ★★★
5.55 **Ordinary Angels** Drama with Hilary Swank and Alan Ritchson. (2024, 12, 113min) ★★★★
8.00 **Joker: Folie à Deux** Musical sequel starring Joaquin Phoenix and Lady Gaga. Comedian Arthur Fleck meets the love of his life while incarcerated at Arkham State Hospital. (2024, 15, 138min) ★★★★
10.30 **Legends of the Fall** Period drama set in early 20th-century Montana, starring Brad Pitt. The three sons of a retired colonel come into conflict when they meet a beautiful woman. (1994, 15, 133min) ★★★★
12.50 AM **American Sniper** Biopic starring Bradley Cooper. (2014, 15, 127min) ★★★★
3.10 **Carmen & Lola** Drama starring Rosy Rodríguez and Zaira Romero. (2018, 18, 105min) ★★★
5.10 **to 6.50** AM **Babylon** Drama. (1980, 15, 94min) ★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.15 AM **Timestalker** As 4.05am.
7.50 **Die Alone** Apocalyptic drama. (2024, 15, 91min) ★★★★
9.25 **If You Were the Last** Sci-fi comedy. (2023, 15) ★★★★
11.05 **2012** Epic disaster movie. (2009, 12, 158min) ★★★
1.50 PM **Until Dawn** Horror. (2025, 15, 99min) ★★★
3.45 **Children of Men** Sci-fi thriller. (2006, 15, 109min) ★★★★★
5.40 **Sinners** Horror starring Michael B Jordan and Miles Caton. (2025, 15, 132min) ★★★★
8.00 **Mickey 17** Sci-fi comedy starring Robert Pattinson. (2024, 15, 137min) ★★★
10.20 **Blade** Action adventure chiller starring Wesley Snipes as the half-human, half-vampire warrior Blade. With Stephen Dorff and Kris Kristofferson. (1998, 18, 121min) ★★★
12.25 AM **Smile 2** Horror sequel. (2024, 18, 127min) ★★★★
2.35 **Out of Darkness** Prehistoric horror with Iola Evans. Subtitled. (2022, 15, 88min) ★★★
4.05 **Timestalker** Fantasy comedy. (2024, 15, 89min) ★★★★
5.40 **to 7.00** AM **Friendship's Death** Sci-fi drama starring Tilda Swinton. (1987, 15, 78min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.35 AM **The Portable Door** (2023)
8.40 **Stardust** As 9.35pm.
10.50 **The Cat in the Hat** Fantasy. (2003, PG, 82min) ★★★★
12.20 PM **Pokemon: Detective Pikachu** (2019, PG) ★★★★
2.10 **Spy Kids 2: Island of Lost Dreams** (2002, U) ★★★★
4.00 **E.T. The Extra Terrestrial** Steven Spielberg's fantasy. (1982, U, 114min) ★★★★★
6.00 **Babe** Family comedy drama. (1995, U, 92min) ★★★★★

9.35 Stardust

7.45 Look Who's Talking Comedy starring John Travolta and Kirstie Alley. A single mother-to-be searches for the perfect father for her child. (1989, 12, 96min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.35 Stardust Comedy adventure starring Claire Danes and Charlie Cox. A young man enters a magical kingdom to retrieve a falling star for his beloved in exchange for her hand in marriage. (2007, PG, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **The Portable Door** Fantasy with Christoph Waltz and Sam Neill. (2023, PG, 130min) ★★★
1.45 AM **Ride On** Chinese drama starring Jackie Chan. Subtitled. (2023, PG, 126min) ★★★
4.00 **Friend or Foe** Wartime family drama. (1981, U, 70min) ★★★
5.25 **to 7.05** AM **Spy Kids 3: Game Over** Sci-fi comedy sequel. (2003, U, 84min) ★★★

Sky Cinema Action

307 307 407 507 521

6.55 AM **Birds of Prey and the Fantabulous Emancipation of One Harley Quinn** Fantasy. (2020, 15, 109min) ★★★★
8.45 **Clash of the Titans** (2010) ★★
10.35 **Spider-Man 2** Fantasy sequel. (2004, PG, 127min) ★★★★
12.55 PM **Spider-Man 3** Fantasy sequel. (2007, 12) ★★★
3.20 **The Matrix** Sci-fi thriller. (1999, 15, 136min) ★★★★
5.40 **The Matrix Reloaded** Thriller sequel. (2003, 15) ★★★★

3.20 The Matrix

8.00 The Matrix Revolutions Sci-fi action thriller sequel starring Keanu Reeves. As the machine army advance on the underground city of Zion, messiah-like hero Neo remains trapped between the Matrix and the machine world. (2003, 15, 129min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

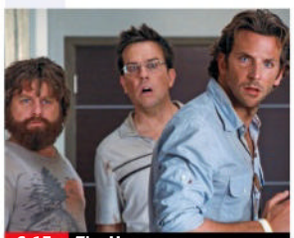
10.20 The Matrix: Resurrections Sci-fi adventure sequel starring Keanu Reeves. To find out if his reality is a physical or mental construct, Mr Anderson has to choose to follow the white rabbit. (2021, 15, 148min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.50 AM **Venom: The Last Dance** Fantasy adventure sequel. (2024, 15, 110min) ★★★
2.45 **The Patriot** Epic drama. (2000, 15, 167min) ★★★
5.45 **to 6.25** AM **Sky Cinema Preview**

Sky Cinema Comedy

308 308 408 508 522

7.35 AM **Wayne's World** Comedy. (1992, PG, 95min) ★★★★
9.15 **Wayne's World 2** Comedy sequel. (1993, PG) ★★★
10.55 **Smokey and the Bandit** Comedy. (1977, PG) ★★★
12.35 PM **Caddyshack** Comedy. (1980, 15, 95min) ★★★
2.15 **Alfie** (1966, 15) ★★★★
4.10 **Bridget Jones: Mad About the Boy** (2024, 15) ★★★★
6.15 **The Hangover** Dark comedy. (2009, 15, 99min) ★★★★


6.15 The Hangover

8.00 The Hangover Part II Dark comedy sequel starring Bradley Cooper. A drug-fuelled bachelor party in Bangkok leaves three friends searching for the bride's brother. (2011, 15, 101min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 The Hangover Part III Dark comedy sequel starring Bradley Cooper. The friends go in search of a Chinese criminal after they are captured by his mobster rival. (2013, 15, 100min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **It's Complicated** Romantic comedy starring Meryl Streep. (2009, 15, 115min) ★★★★
1.35 AM **Big Daddy** Comedy. (1999, 12, 95min) ★★★
3.10 **Lake George** Comedy thriller. (2024, 15, 118min) ★★★★
5.00 **Sky Cinema Preview**
5.50 **to 7.35** AM **The Brady Bunch Movie** Spoof comedy. (1995, 12, 89min) ★★★

Sky Cinema Thriller

309 309 409 509 523

6.00 AM **Along Came a Spider** Thriller. (2001, 15) ★★★
7.50 **Murder by Numbers** Thriller. (2002, 15, 120min) ★★★
10.05 **Dirty Harry** As 12.20am.
12.00 NOON **The Hunt for Red October** (1990, PG) ★★★★
2.20 PM **RocknRolla** Comedy thriller. (2008, 15, 110min) ★★
4.20 **Drop** Thriller with Meghann Fahy. (2025, 15, 95min) ★★★★
6.00 **Collateral** Crime thriller. (2004, 15, 120min) ★★★★

10.00 Hannibal

8.00 The Bourne Identity Spy thriller based on the novel by Robert Ludlum, starring Matt Damon as an amnesiac man who learns that he is a highly trained assassin with deadly enemies. With Franka Potente. (2002, 12, 119min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Hannibal Horror sequel to *The Silence of the Lambs*, starring Anthony Hopkins and Julianne Moore. FBI agent Clarice Starling becomes an unwitting pawn in a perverse billionaire's plot to trap Hannibal Lecter. (2001, 18, 131min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Dirty Harry** Thriller starring Clint Eastwood. (1971, 15, 103min) ★★★★★
2.15 **Hotel Mumbai** Crime thriller. (2018, 15, 123min) ★★★★
4.25 **to 6.00** AM **Mob Cops** Crime drama. (2024, 15, 87min) ★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Dad's Army** Comedy spin-off starring Arthur Lowe. (1971, U, 95min) ★★★★
12.50 PM **Robin and Marian** Drama. (1976, PG, 106min) ★★★★★
3.00 **Time Bandits** Fantasy adventure with John Cleese. (1980, PG, 110min) ★★★★
5.15 **Titanic** James Cameron's epic drama starring Kate Winslet and Leonardo DiCaprio. (1997, 12, 195min) ★★★★

11.05 Infinity Pool

Titanic (film started at 5.15pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 The Contractor Action drama starring Chris Pine. After being discharged from the Marines, a man joins a paramilitary organisation to support his family in the only way he knows how. With Kiefer Sutherland and Ben Foster. (2022, 15, 103min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.05 Infinity Pool Horror mystery starring Alexander Skarsgård. A couple are enjoying a beach vacation when a fatal accident exposes the resorts reckless violence and surreal horrors. (2023, 18, 118min) ★★★
1.20 **to 3.45** AM **Sicario 2: Soldado** Action thriller sequel starring Josh Brolin. (2018, 15, 122min) ★★★

11 PM

+1hour 314 430 47 301 257

Sky Cinema Feel Good

302 302 402 502 516

6.50 AM **The Wild Robot** Animation. (2024, U, 102min) ★★★★
8.35 **Shazam!** As shown at 5.45pm.
10.50 **Men in Black** As 1.45am.
12.35 PM **Ace Ventura Pet Detective** Comedy. (1993, 12) ★★★★
2.05 **Ace Ventura: When Nature Calls** Comedy sequel. (1995, PG, 89min) ★★★
3.45 **Back to the Future** Comedy. (1985, PG, 115min) ★★★★★

5.45 **Shazam!** Comedy adventure starring Zachary Levi, Mark Strong and Asher Angel. (2019, 12, 132min) ★★★★
8.00 **The Fall Guy** Action comedy starring Ryan Gosling and Emily Blunt. A down-and-out stuntman sets out to find the missing star of his ex-girlfriend's blockbuster. (2023, 12, 126min) ★★★★
10.10 **Ted** Offbeat comedy starring Mark Wahlberg and featuring the voice of Seth MacFarlane. (2012, 15, 106min) ★★★★

12.00 M'T **One of Them Days** Comedy. (2025, 15, 97min) ★★★
1.45 AM **Men in Black** Sci-fi comedy. (1997, PG, 94min) ★★★★
3.30 **Ace Ventura: When Nature Calls** As shown at 2.05pm.
5.10 **to 6.40** AM **Ace Ventura Pet Detective** As 12.35pm.

Sky Cinema Greats

304 304 404 504 518

7.00 AM **Psycho** Classic chiller. (1960, b/w, 15, 109min) ★★★★★
8.50 **Escape from Alcatraz** Fact-based prison drama. (1979, 15, 112min) ★★★★
10.50 **The Day of the Jackal** Thriller. (1973, 15, 142min) ★★★★★
1.15 PM **Clear and Present Danger** Thriller. (1994, 12, 141min) ★★★
3.40 **Batman** Comic-book adventure. (1989, 15, 121min) ★★★★

5.50 **Batman Returns** Comic-book adventure with Michael Keaton. (1992, 12, 121min) ★★★★
8.00 **Batman Forever** Comic-book adventure starring Val Kilmer. Black-cloaked vigilante Batman and his new partner Robin tackle psychotic criminals Two-Face and The Riddler. (1995, 12, 121min) ★★★
10.05 **Batman & Robin** Comic-book adventure starring George Clooney and Chris O'Donnell. (1997, PG, 125min) ★★

12.20 AM **Sleepers** Fact-based drama. (1996, 18, 146min) ★★★
2.50 **Pet Sematary** Supernatural thriller. (1989, 18, 103min) ★★★
4.45 **Sky Cinema Preview**
5.35 **to 7.25** AM **To Catch a Thief** Romantic comedy thriller. (1955, PG, 102min) ★★★★

Sky Cinema Animation

305 305 412 500 514

7.10 AM **The Pirates! In an Adventure with Scientists** Animation. (2012, U) ★★★★
8.50 **Wallace & Gromit: The Curse of the Were-Rabbit** Animation. (2005, U, 85min) ★★★★★
10.30 **Home** Animated adventure. (2014, U, 94min) ★★★
12.15 PM **The Lego Batman Movie** Animated family comedy. (2017, U, 104min) ★★★★

2.15 **Scoob!** Animated comedy. (2020, PG, 93min) ★★★
4.00 **The Garfield Movie** Animation. (2023, U, 101min) ★★★
5.45 **10 Lives** Animated comedy. (2024, U, 98min) ★★★
7.20 **Rango** Animated Western spoof. (2011, PG, 103min) ★★★★
9.15 **The Sloth Lane** Animation with the voice of Leslie Jones. (2024, PG, 90min) ★★★
10.55 **Scooby-Doo! The Sword and the Scoob** Animated adventure. (2021, PG, 76min) ★★★

12.20 AM **Noah's Ark** Animation. (2024, U, 96min) ★★★
2.05 **Into the Wonderwoods** Animation. (2024, U) ★★★
3.45 **Boonie Bears: Guardian Code** Animation. (2023, PG) ★★★
5.30 **to 7.25** AM **The Lego Batman Movie** As shown at 12.15pm.

Movies 24

312 313 419

7.00 AM **Love on Retreat** Romantic drama. (2023, PG, 85min) ★★
9.00 **A Priceless Love** Romantic drama. (2022, PG, 85min) ★★
11.00 **Our Take on Love** Romantic drama. (2022, PG, 87min) ★★
1.00 PM **The Best Version of Love** Comedy. (2023, PG, 86min) ★★
3.00 **Wish Upon a Wedding** Romantic drama starring Kabby Borders. (2023, PG, 85min) ★★

5.00 **Sense and Sensibility** Drama starring Deborah Ayorinde. (2024, U, 84min) ★★
7.00 **My Argentine Heart** Romantic comedy starring Julie Gonzalo and Juan Pablo Di Pace. (2025, PG, 84min) ★★
9.00 **A Nashville Legacy** Romantic comedy starring Andrea Lewis and Pooch Hall. A woman visiting Nashville to discover the story behind a forgotten pop group finds love with a fellow fan. (2023, PG, 85min) ★★

11.00 **Modeled with Love** Romantic drama. (2023, PG, 90min) ★★
1.00 AM **Junebug** Fantasy drama. (2024, PG, 84min) ★★
3.00 **to 5.00** AM **Inspiring Love** Drama. (2023, PG, 85min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **The Sword of Monte Cristo** Adventure. (1951, U, 80min) ★★
7.35 **Captain Kidd's Kids**
7.55 **The Black Arrow** 3/6. (S2)
8.25 **The Adventures of Sir Lancelot**
9.00 **Batman** 53/60. (S2)
9.30 **The Roy Rogers Show** (S4)
10.00 **Stingray** 9/39. (S1)
10.30 **The Adventures of William Tell**
11.00 **The Buccaneers** 7/39. (S1)
11.30 **The Adventures of Robin Hood**

12.00 NOON **Beyond the Time Barrier** Adventure. (1960, b/w, U) ★★
1.30 PM **Ford V8 Car for Ladies**
1.40 **Appointment with Venus** (1951)
3.25 **Scotland Yard** 26/39. (S1)
4.00 **Whiplash** 1/34. (S1)
4.30 **The Silent Enemy** (1958) ★★
6.45 **Look at Life** Documentary.
7.00 **Maigret** 5/13. (S3)
8.00 **A Family at War** 17/20. (S3)
9.00 **The Casebook of Sherlock Holmes: The Hound of the Baskervilles** Mystery drama.
11.05 **The World of Hammer**

12.15 AM **Eurotrash**
12.50 **Mad Doctor of Blood Island** Horror. (1968, 18, 89min) ★★
2.40 **A Saint, a Woman, a Devil** Drama. (1977, 18, 92min) ★★
4.25 **The Adventures of Sir Lancelot**
4.55 **The Roy Rogers Show**
5.30 **to 6.00** AM **Stingray**

SATURDAY Sport

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **LIVE DP World Tour Golf** Coverage of the featured groups on day three of the Hero Dubai Desert Classic from Emirates Golf Club in the United Arab Emirates.
7.00 **LIVE DP World Tour Golf** Further coverage of day three of the Hero Dubai Desert Classic staged at Emirates Golf Club.
11.00 **LIVE EFL Millwall v Charlton Athletic.** The Championship match staged at the Den. Kick-off **12.30pm**.
3.00 PM **Gillette Soccer Saturday**
5.00 **LIVE SNF Bournemouth v Liverpool.** Coverage of the Premier League match staged at the Vitality Stadium. Kick-off **5.30pm**.
8.30 **LIVE PGA Tour Golf** Coverage of day three of the American Express from the Pete Dye Stadium Course at La Quinta.
12.00 M'T **Sky Sports Catch Up**
4.30 **to 6.00** AM **LIVE DP World Tour Golf** Coverage of the featured groups on the fourth day of the Hero Dubai Desert Classic staged at Emirates Golf Club in the United Arab Emirates.

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Preview**
7.30 **Fantasy Show**
8.00 **The Big Interview**
8.30 **Premier League Stories**
9.00 **Premier League Preview**
9.30 **Fantasy Football Countdown**
10.00 **Saturday Social**
11.00 **Premier League One on One**
11.30 **Premier League Preview**
12.00 NOON **Gillette Soccer Saturday**
5.00 PM **LIVE SNF Bournemouth v Liverpool.** The Premier League match from the Vitality Stadium. These two sides last met on the opening day of the season in a thrilling encounter that ended in a 4–2 win for the visitors. Hugo Ekitike and Cody Gakpo had given Liverpool a 2–0 lead but Antoine Semenyo scored twice to pull Bournemouth back to 2–2, before Federico Chiesa and Mohamed Salah scored late on. Kick-off **5.30pm**.
8.30 **Game of the Day**
10.30 **Premier League Highlights**
12.30 AM **Premier League Stories**
1.00 **Premier League Highlights**
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **PL Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL Highlights**
6.15 **Championship Retro**
9.00 **WSL** Everton v Brighton.
9.30 **EFL Highlights**
10.00 **Saturday Social**
11.00 **LIVE EFL Millwall v Charlton Athletic.** Coverage of the Championship match at the Den. The sides shared the spoils in a 1–1 draw in September's reverse fixture at the Valley. Kick-off **12.30pm**.
3.00 PM **Gillette Soccer Saturday**
5.00 **Gillette Soccer Saturday: Reaction** Post-match analysis.
5.20 **LIVE Bundesliga FC Union Berlin v Borussia Dortmund.** Coverage of the German top-flight encounter staged at Stadion An der Alten Forsterei. Kick-off **5.30pm**.
7.30 **EFL** A replay of Millwall v Charlton Athletic in the Championship.
9.30 **WSL** Everton v Brighton.
10.00 **EFL Highlights** Derby County v West Bromwich Albion. **10.15** Middlesbrough v Preston.
10.30 **EFL Highlights** Championship.
2.00 AM **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.30 **to 6.00** AM **EFL**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **Big Bash League**
7.00 **Best of England v South Africa**
7.15 **LIVE ICC Under-19s World Cup Cricket India v New Zealand.** Coverage of the final Group B match held at Queens Sports Club in Bulawayo. India were runners-up to Australia when the competition was last held two years ago in South Africa, while New Zealand were eliminated at the Super Six stage.
3.00 PM **LIVE WPL Delhi Capitals v Royal Challengers Bengaluru.** The women's T20 match at Baroda Cricket Association Stadium.
5.30 **Best of England v South Africa**
5.45 **Best of ICC WT20**
6.00 **Big Bash League**
7.00 **SA20** Qualifier Two play-off.
8.00 **WPL** Tournament highlights.
9.00 **Big Bash League**
10.00 **SA20** Qualifier Two play-off.
11.00 **Big Bash League**
2.20 AM **Best of Jimmy Anderson**
2.30 **Best of England v South Africa**
2.45 **Best of ICC WT20**
3.00 **Big Bash League**
4.00 **SA20** Paarl v Joburg.
5.00 **to 6.00** AM **Big Bash League**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **LIVE DP World Tour Golf** Coverage of the featured groups on day three of the Hero Dubai Desert Classic from Emirates Golf Club in the United Arab Emirates.
7.00 **LIVE DP World Tour Golf** Further coverage of day three of the Hero Dubai Desert Classic staged at Emirates Golf Club.
1.00 PM **Junior Golf** Highlights.
1.30 **PGA Championship Official Films** A review of the 2025 Major.
2.30 **Beyond the Scorecard**
3.30 **DP World Tour Golf**
4.30 **LIVE PGA Tour Golf** Day three of the American Express from the Pete Dye Stadium Course at La Quinta. Austria's Sepp Straka claimed his third tour win here in 2025, finishing two strokes clear of America's Justin Thomas.
12.00 M'T **DP World Tour Golf**
1.00 AM **Beyond the Scorecard**
1.30 **DP World Tour Golf**
3.30 **PGA Tour Golf**
4.30 **to 6.00** AM **LIVE DP World Tour Golf** Coverage of the featured groups on day four of the Hero Dubai Desert Classic from Emirates Golf Club in the UAE.

TNT Sports 1

410 413 521 408 430

6.00 AM **LIVE Australian Open** Day seven of the opening Grand Slam of the season, featuring third-round games at Melbourne Park.
9.00 **LIVE Alpine Skiing** Run one of the women's giant slalom from Spindleruv Mlyn, Czech Republic.
10.30 **Match Officials Mic'd Up**
11.00 **LIVE Premier League West Ham United v Sunderland.** Coverage of the top-flight match from the London Stadium. Kick-off **12.30pm**.
2.45 PM **LIVE The Gallagher PREM Harlequins v Leicester Tigers.** Coverage from Twickenham Stoop. Kick-off **3.05pm**.
5.15 **LIVE The Gallagher PREM Sale Sharks v Northampton Saints.** Coverage from CorpAcq Stadium. Kick-off **5.30pm**.
7.45 **Lions Uncut: Australia 2025**
9.30 **TNT Sports Reload**
9.45 **World Rally Championship**
10.15 **UFC Countdown**
11.15 **Fight Week** UFC 324 preview.
12.00 M'T **LIVE UFC** Preliminary bouts.
2.00 **to 6.00** AM **LIVE Australian Open** Coverage of day eight, featuring fourth-round matches.

TNT Sports 2

411 414 522 409 431

6.00 AM **LIVE Isuzu UTE A-League Brisbane Roar v Adelaide United.** The Australian top-flight match from Suncorp Stadium in Brisbane. Kick-off **6.00am**.
8.00 **TNT Sports Cricket Reload**
8.45 **LIVE One-Day International Cricket Sri Lanka v England.** Coverage of the second match of the three-game series held at R. Premadasa Stadium in Colombo.
5.00 PM **Spirit of Yachting**
5.30 **Discovery Golf**
6.00 **Australian Open**
7.30 **The Match That Changed Tennis**
8.30 **International T20 Cricket**
9.30 **UEFA Europa League & Conference League Magazine**
10.00 **The Gallagher PREM** Highlights of Harlequins v Leicester Tigers. **11.00** Highlights from Sale Sharks v Northampton Saints.
12.00 M'T **Premier League**
1.30 AM **The Gallagher PREM**
2.30 **World Rally Championship**
3.00 **LIVE A-League Women Wellington Phoenix v Adelaide United.** Coverage of the match at Porirua Park. Kick-off **3.00am**.
5.00 **to 6.00** AM **The Gallagher PREM**

Sky Sports NFL

412 410 517 507 426 446

6.00 AM **NFL Highlights**
10.00 **NFL Bitesize Highlights**
11.00 **NFL Highlights**
12.00 NOON **NFL Bitesize Highlights**
1.00 PM **NFL Highlights**
3.00 **NFL Bitesize Highlights**
4.00 **NFL Highlights** Pittsburgh Steelers v Houston Texans.
5.00 **NFL Gameday** A review of all of the latest games from the NFL season, with discussion and analysis of the latest talking points.
5.45 **NFL Bitesize Highlights**
6.00 **NFL Highlights** New England Patriots v Los Angeles Chargers. **7.00** Pittsburgh Steelers v Houston Texans in the sixth Wild Card play-off at Acrisure Stadium.
8.00 **NFL Bitesize Highlights** Houston Texans v Indianapolis Colts. **8.15** Action from Carolina Panthers v Los Angeles Rams. **8.30** Highlights of Pittsburgh Steelers v Houston Texans. **8.45** Action from Philadelphia Eagles v San Francisco 49ers.
9.00 **NFL Highlights** Denver Broncos v Los Angeles Chargers. **10.00** Action from Carolina Panthers v Los Angeles Rams.
11.00 PM **to 6.00** AM **NFL Highlights**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
9.30 **Fantasy Football Countdown**
10.00 **Soccer Saturday Pre-Match**
11.00 **EFL Build-Up**
12.25 PM **LIVE EFL Middlesbrough v Preston North End.** Coverage of the Championship match staged at the Riverside Stadium. The teams shared the spoils in a 2–2 draw in the reverse fixture at Deepdale, with Jordan Storey's 88th-minute strike looking to have won it for Preston, before Sontje Hansen struck back for Boro in stoppage time. Kick-off **12.30pm**.
3.00 **Gillette Soccer Saturday**
8.00 **LIVE NBA Basketball Philadelphia 76ers v New York Knicks.** Coverage of the Eastern Conference Atlantic Division match staged at Xfinity Mobile Arena. Tip-off **8.00pm**.
10.30 **LIVE NBA Basketball Minnesota Timberwolves v Golden State Warriors.** Coverage of the Western Conference match staged at Target Center. Tip-off **10.30pm**.
1.00 **to 6.00** AM **Sky Sports News**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **ATP/WTA Tour Classics**
12.00 NOON **ATP/WTA Tour Classics**
4.00 PM **WTA & ATP Tennis** Action from the Auckland Open finals. **6.00** The Adelaide Open finals.
8.00 **United Cup Tennis** Highlights of the final staged at Ken Rosewall Arena in Sydney, Australia.
10.00 **Best of the US Open 2025** Naomi Osaka v Amanda Anisimova in a women's semi-final. **11.00** Highlights from Cameron Norrie v Francisco Comesaña in the men's second round.
12.00 M'T **to 6.00** AM **Best of the US Open 2025**

Sky Sports Mix

416 412 510 429 449

6.00 AM **Big Bash League**
7.00 **SA20** Qualifier Two play-off.
8.00 **NFL Highlights**
9.00 **SA20** Tournament highlights.
12.00 NOON **Big Bash League**
12.55 PM **SA20** Qualifier Two play-off.
1.50 **LIVE WPL Delhi Capitals v Royal Challengers Bengaluru.** Coverage of the women's T20 match staged at Baroda Cricket Association Stadium in Vadodara.
5.30 **Best of England v South Africa**
5.45 **Best of ICC WT20**
6.00 **WTA Tennis** Adelaide Open final.
7.00 **NFL Bitesize Highlights**
7.30 **Spirit of Yachting**
8.00 **SA20** Tournament highlights.
11.00 **DP World Tour Golf**
1.00 AM **PDC Classics** Archive action.
3.00 **EFL Greatest Games**
4.00 **to 6.00** AM **DP World Tour Golf**

TNT Sports 3

413 415 523 410 432

6.00 AM **LIVE Australian Open** Coverage of day seven of the opening Grand Slam event of the season, featuring third-round matches from Melbourne Park.
1.30 PM **UEFA Champions League Magazine** News and action.
2.00 **WRC Classic: Signature Stages**
2.30 **Xtra Time** Post-match reaction.
3.15 **LIVE World Ski Flying Championship** The third and fourth rounds in Oberstdorf.
5.15 **TNT Sports Reload**
5.30 **LIVE World Rally Championship** The Rallye Monte Carlo special stage 13.
8.00 **Cyclocross** In Maasmechelen.
9.00 **Alpine Skiing** Highlights.
10.30 **World Rally Championship**
11.00 **Australian Open** Day seven.
12.30 **to 6.00** AM **LIVE Australian Open** Coverage of day eight of the opening Grand Slam event of the season, featuring fourth-round games at Melbourne Park.

TNT Sports 4

414 416 524 411 434

6.00 AM **LIVE Australian Open** Coverage of day seven of the opening Grand Slam event of the season staged at Melbourne Park.
10.00 **LIVE Alpine Skiing** Coverage of the men's downhill in Kitzbuhel.
12.30 PM **LIVE Alpine Skiing** Run two of the women's giant slalom in Spindleruv Mlyn, Czech Republic.
1.30 **Spirit of Yachting**
2.00 **LIVE Cyclocross** The men's World Cup in Maasmechelen.
3.30 **The Monuments**
4.00 **Ultimate Pool**
5.30 **UEFA Europa League & Conference League Highlights**
6.30 **Isuzu UTE A-League**
9.30 **One-Day International Cricket**
10.30 **Cyclocross** In Maasmechelen.
11.30 **Dakar Rally Saudi Arabia**
12.30 **to 6.00** AM **LIVE Australian Open** Coverage of day eight of the opening Grand Slam event of the season, featuring fourth-round games at Melbourne Park.

Premier Sports 1

419 551

6.00 AM **NHL Ice Hockey**
7.55 **United Rugby Championship**
9.50 **LaLiga** Levante v Elche.
11.50 **United Rugby Championship**
1.45 PM **NHL on the Fly**
2.45 **LIVE United Rugby Championship Scarlets v Ulster.** From Parc y Scarlets. Kick-off **3.00pm**.
5.00 **LIVE United Rugby Championship Connacht v Leinster.** At Dexcom Stadium. Kick-off **5.30pm**.
7.30 **LIVE United Rugby Championship Cardiff v Benetton.** Coverage of the match staged at Cardiff Arms Park. Kick-off **7.45pm**.
10.00 **Sporting Countdowns**
11.00 **LaLiga** Two match replays.
3.00 **to 6.00** AM **LIVE NHL Ice Hockey Edmonton Oilers v Washington Capitals.** Coverage from Rogers Place. Face-off is at **3.00am**.

Premier Sports 2

420 552

6.00 AM **Champions Cup**
8.00 **NHL Ice Hockey**
10.00 **United Rugby Championship**
11.55 **Temples of Sport**
12.55 PM **LIVE LaLiga** Rayo Vallecano v Osasuna.
3.00 **Football's Greatest**
4.00 **LaLiga Match Highlights**
4.20 **URC SEND IT**
5.00 **LIVE United Rugby Championship** Stormers v Sharks. K-o **5.30pm**.
7.30 **LIVE United Rugby Championship Zebre Parma v Glasgow Warriors.** Kick-off **7.45pm**.
10.00 **Temples of Sport**
11.00 **NHL Tonight** Top 10 goalies.
12.00 M'T **LIVE NHL Ice Hockey Boston Bruins v Montreal Canadiens.** Face-off **12.00m't**.
3.00 AM **NHL Specials**
3.30 **Temples of Sport**
4.00 **to 6.00** AM **United Rugby Championship**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **The Best of F1 2025**
8.00 **Formula 1** Highlights.
5.00 PM **Formula 1** The 2025 São Paulo Grand Prix sprint race. **6.00** The 2025 Qatar Grand Prix sprint qualifying session. **7.00** Action from the 2025 Qatar Grand Prix sprint race.
8.00 **Hill** A profile of Damon Hill.
9.45 **F1 Classic Races** Action from the 1993 Hungarian Grand Prix. **10.30** British Grand Prix 1994. **11.00** The 1996 Japanese GP.
11.45 **The Story of the 2025 Season**
11.55 **F1 Explained: Driver Cooling**
12.00 M'T **to 6.00** AM **The Best of F1**

Sunday

25 January

Evening Planner

Football

Premier League

Sky Sports Main Event & Sky Sports Premier League

A packed afternoon includes Crystal Palace v Chelsea and Arsenal v Man Utd.

Documentary

Mission to Space with Francis Bourgeois

C4, 6.50pm (box set, C4 Streaming)

Better known as a trainspotter, Francis explores his first love of space travel.

Factual

Guy Martin: Proper Jobs

U&Dave, 8pm (box set, U)

Guy is back to learn the ropes of more demanding occupations, starting with the lifeboat crew in his Grimsby home town.

Documentary

Confessions of a Killer

BBC2, 9pm (box set, BBC iPlayer)

A two-part look at the case of dentist Colin Howell, who admitted to killing his wife and his former lover's husband.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 Antiques Roadshow †		8.00 Call the Midwife		9.00 The Night Manager		10.00 News	10.30 Match of the...
	102 BBC2	7.00 Top Gear		8.00 Pilgrimage with Simon Reeve		9.00 Confessions of a Killer		10.00 Film: The Sum of All Fears	
	103 ITV1	‹ 6.55 The Floor		8.00 Ant & Dec's Limitless Win		9.00 After the Flood		10.00 News	10.15 Film: RED
	104 CHANNEL 4	‹ 6.50 Mission to Space with...	7.50 The Great Pottery Throw Down			9.00 Celebrity SAS: Who Dares Wins		10.05 Four Kings	
	105 5	‹ 5.50 Bradley...	7.30 NFL Playoffs – Live: Coverage of the AFC or NFC Championship Game						
	106 SKY SHOWCASE		7.15 Film: Apollo 11			9.00 Evil			
ENTERTAINMENT	115 BBC3	7.00 EastEnders				9.00 The Traitors Ireland			
	116 BBC4	7.00 BBC Scottish Symphony Orchestra at 90: Inside Classical				9.05 Mysteries of the Bayeux Tapestry		10.05 Ghosts	
	118 ITV2	‹ 5.55 Film: Mission: Impossible – Fallout				9.00 Love Island: All Stars		10.05 Olivia Attwood: Getting Filthy Rich	
	136 MORE4	‹ 6.50 Four in a Bed	7.55 The Dog House			9.00 999: On the Front Line		10.00 24 Hours in A&E	
	135 E4	‹ 6.00 Film: Sister Act		8.00 The Simpsons		9.00 Film: Angel Has Fallen			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Law & Order: Criminal Intent		10.00 Doc	
	108 SKY ATLANTIC	7.00 Game of Thrones				9.00 A Knight of the Seven Kingdoms	9.50 Task		
	110 U&GOLD	‹ 6.20 Only Fools and Horses							
	111 U&DAVE	‹ 6.40 Mortimer & Whitehouse: Gone...		8.00 Guy Martin: Proper Jobs		9.00 Have I Got a Bit More News for You		10.00 QI	10.40 Mock...
	119 ITV3	‹ 6.10 Agatha Christie's Marple		8.05 Midsomer Murders				10.05 Vera	
	120 ITV4	7.00 American Pickers		8.00 Ice Road Truckers		9.00 Film: The Terminator			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: Runaway Bride			
	152 SKY SCI-FI	7.00 Star Trek: Deep Space Nine							
	113 SKY MAX	7.00 Fear the Walking Dead				9.00 Evil			
	109 U&ALIBI	7.00 Murdoch Mysteries		8.00 Return to Paradise			9.20 Death in Paradise		
	124 SKY ARTS		7.15 Clint Eastwood: A Life in Film			9.00 Film: The Good, the Bad and the Ugly			
	132 U&W	7.00 Inside the Ambulance				9.00 Inside the Operating Theatre			
DOCUMENTARY	125 DISCOVERY	7.00 Alaska: Homestead Rescue				9.00 Moonshiners: Master Distiller		10.00 Mud Madness	
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Treetop Cat Rescue		9.00 Alaskan Bush People: Book of Bam		10.00 Tanked	
	129 NAT GEO	7.00 Lost Treasures of Rome		8.00 Gladiators: Warriors of the Ancient...		9.00 Colosseum: Rise and Fall		10.00 Drain the Oceans: Rise of the Roman...	
	123 SKY HISTORY	7.00 WWII's Most Daring Raids				9.00 The Tattooist's Son: Journey to Auschwitz			
	155 U&YESTERDAY	7.00 Incredible Journeys with Simon Reeve		8.00 Inside Bentley: A Great British Motorcar		9.00 Flipping Bangers		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Boyzone: No Matter What				9.00 Film: Amy			
FILMS – Sky Cinema	301 PREMIERE		7.05 Xeno			9.00 The Toxic Avenger			
	302 FEEL GOOD	‹ 6.00 Ted		8.00 Ted 2				10.00 Dumb and Dumber	
	303 BRIT HITS	‹ 5.55 Bridget Jones's Baby		8.00 Bridget Jones: Mad About the Boy				10.10 About a Boy	
	304 GREATS	‹ 5.50 Batman & Robin		8.00 Last Action Hero				10.15 The Godfather	
	305 ANIMATION	‹ 5.50 Despicable Me 4	7.35 Bon Voyage, Charlie Brown			9.05 Into the Wonderwoods			
	306 FAMILY	‹ 6.00 A Minecraft Movie	7.50 Look Who's Talking Too				9.20 Spy Kids 3: Game Over		
	307 ACTION	‹ 5.30 The Matrix: Resurrections		8.00 Twisters				10.10 The Fall Guy	
	308 COMEDY	‹ 6.10 School of Rock		8.00 White Chicks				10.00 Ted	
	309 THRILLER	‹ 6.00 Nightcrawler		8.00 The Bourne Supremacy				10.00 A Clockwork Orange	
	310 DRAMA	‹ 6.20 The Damned United		8.00 Six Minutes to Midnight			9.45 Lost in Translation		
	311 SCI-FI	‹ 6.00 Blade: Trinity		8.00 2012					
	313 FILM4	‹ 6.35 Jumanji: The Next Level				9.00 Kingsman: The Secret Service			
SPORT	401 MAIN EVENT	‹ 4.00 Super...	7.30 NFL – Live: Coverage of the NFC Championship Game						
	402 PREMIER LEAGUE	‹ 4.25 Super...	7.30 Super Sunday: Extra Time		8.30 Transfer 360	9.00 PL Stories	9.30 SNF	10.00 Premier League Highlights	
	403 FOOTBALL	7.00 EFL Goals		8.00 EFL Highlights			9.30 WSL	10.00 EFL Highlights	
	405 CRICKET	7.00 SA20		8.00 Big Bash League		9.00 SA20		10.00 Big Bash League	
	410 TNT SPORTS 1	‹ 6.30 Serie A	7.30 Serie A – Live: AS Roma v AC Milan (Kick-off 7.45)				9.45 UEFA Magazine	10.15 UEFA Europa League &...	
	411 TNT SPORTS 2	7.00 UEFA Magazine	7.30 Isuzu UTE A-League		8.30 Australian Open			10.00 Classic Premier League	

‹ Denotes programmes starting before 7.00pm † Regions vary

SUNDAY

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Sunday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
7.45 **Match of the Day** (S)(R)
9.00 **Sunday with Laura Kuenssberg**
10.00 **Politics England** (S)
10.30 **Sunday Morning** New edition (S)
11.30 **Homes Under the Hammer** (S)(R)
12.00 NOON **Bargain Hunt** (S)(R)(AD)
1.00 PM **BBC News** (S)
1.15 **Songs of Praise** New edition (S)
1.50 **Lifeline** New edition (S)
2.00 **FILM Cars 3** Animated sequel with the voices of Owen Wilson, Cristela Alonzo and Chris Cooper. (S)(AD) (2017, U, 95min) ★★★
3.35 **Gladiators** 2/11. Legend gives the Gladiators a team talk. (S)(R)(AD)
4.35 **Asia** *Above the Clouds:* 2/7. David Attenborough looks at the wildlife of Asia's mountains. (S)(R)(AD)
5.35 **BBC News** (S)
5.50 **Local News** (S)

8.00 Call the Midwife

6 PM

6.00 Countryfile
New edition The presenters mark the 200th anniversary of the Menai Suspension Bridge (Pont Menai), the bridge that first connected mainland Wales with Anglesey. (S)

7 PM

7.00 Antiques Roadshow
Fiona Bruce hosts from Firstsite contemporary art gallery in Colchester, where treasures include designs from the 1950s heyday of Ford Motor Company and Fabergé cufflinks. (S)(R)

8 PM

8.00 Call the Midwife
New episode 3/8. Rosalind's confirmation is carried out, while Joyce goes on secondment to St Cuthbert's, and is tasked with supervising the ante-natal clinic. (S15) (S)(AD)

9 PM

9.00 The Night Manager
New episode 5/6. Pine offers Gilberto Hanson a deal, and covertly starts to work on Teddy to dismantle the Colombia operation from within. (S2) (S)

10 PM

10.00 BBC News (S)
10.25 Local News (S)
10.30 Match of the Day
The latest Premier League action, including Newcastle United v Aston Villa and Arsenal v Manchester United. (S)
11.40 The Women's Football Show
Highlights of the weekend's games in the Super League, including Chelsea v Arsenal and London City Lionesses v Manchester City. (S)
12.30 AM **The Graham Norton Show**
Guests include Ant and Dec, Joe Keery and Claire Foy. Plus, music from Tinie Tempah. (S)(R)
1.20 Weather for the Week Ahead
Seven-day forecast. (S)
1.25 to 6.00 AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.20 AM **Take a Hike** (S)(R)
6.50 **Countryfile** (S)(R)
7.45 **Breakfast** (S)
9.00 **Saturday Kitchen Best Bites** New edition With Oti Mabuse. (S)
10.30 **Rick Stein's Australia** (S)(R)(AD)
11.30 **Nigel Slater's Simple Cooking** Featuring recipes using a sugar and spice combination. (S)(R)
11.45 **FILM The Diary of Anne Frank** Drama starring Millie Perkins. (S) (1959, b/w, U, 165min) ★★★★
2.30 PM **LIVE Bowls: World Indoor Championships** Coverage from Potters Resorts at Hopton-on-Sea in Norfolk, featuring the open singles final. (S)
5.15 **Ski Sunday** Ed Leigh and Chemmy Alcott present all the news and action from the piste, including the latest World Cup events. (S)

6.00 Digging for Britain

6 PM

6.00 Digging for Britain
3/6. Featuring rare Anglo-Saxon swords, a mysterious and macabre Roman bone box and a cross-continental investigation into Admiral Nelson's favourite ship. (S)(R)(AD)

7 PM

7.00 Top Gear
Jeremy Clarkson and James May look at tall hatchbacks known as crossovers, while Richard Hammond drives a pair of Lamborghinis in Italy. With guest Steven Tyler. (S)(R)(AD)

8 PM

8.00 Pilgrimage with Simon Reeve
3/3. Simon travels to the city of Jerusalem, where he takes part in the ancient ritual of following the route taken by Jesus as He carried His cross. (S)(R)(AD)

9 PM

9.00 NEW SERIES Confessions of a Killer
1/2. Documentary examining the investigation into the 1991 murders of Lesley Howell and Trevor Buchanan. (S)(AD)
■ Entire series on BBC iPlayer

10 PM

10.00 FILM The Sum of All Fears
Action thriller based on the novel by Tom Clancy, starring Ben Affleck and Morgan Freeman. Neo-Nazi terrorists aim to provoke war between America and Russia by setting off a nuclear bomb on US soil. Only CIA analyst Jack Ryan can save the day. (S) (2002, 12, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.55 FILM Looted Crime drama starring Charley Palmer Rothwell. (S) (2019, 15, 85min) ★★★★
1.20 AM **Sign Zone: Waterloo Road** 5/8. Nicky suspects something is wrong with Tony. (S)(R)(AD)
2.20 Sign Zone: Industry (S)(R)(AD)
3.15 to 6.05 AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **James Martin's Saturday Morning** With Jack Savoretti. (S)(R)
8.25 **Jimmy & Shivi's Farmhouse Breakfast** New edition (S)
9.25 **ITV News** (S)
9.30 **Love Your Weekend with Alan Titchmarsh** New edition (S)
11.25 **Tour de Fred: Ireland – Part Deux** New edition Cork City. (S)
12.30 PM **Talking Royals** New edition (S)
1.00 **ITV News** (S)
1.10 **Prue Leith's Cotswold Kitchen** With guest Patrick Grant. (S)(R)
2.15 **FILM Shrek the Third** Animated comedy sequel with the voices of Mike Myers and Eddie Murphy. (S)(AD) (2007, U, 105min) ★★★★
4.00 **Millionaire Hot Seat** Quiz. (S)(R)
4.30 **ITV News** (S)
4.45 **Local News** (S)
5.00 **Wheel of Fortune** (S)(R)(AD)

8.00 Ant & Dec's Limitless Win

6 PM

6.00 The 1% Club
Quiz show hosted by Lee Mack in which the questions are about logic and common sense, with 100 contestants having a chance of winning up to £100,000. (S)(R)(AD)

6.55 The Floor
New edition The competition is heating up with just 57 players left as Rob Brydon hosts another tense round of quiz duels with each win expanding a player's territory. (S)(AD)

8 PM

8.00 Ant & Dec's Limitless Win
New edition Married couple Ricky and Manisha take on the Limitless Ladder, setting their sights on a six-figure sum to fund a dream family holiday and house renovations. (S)(AD)

9 PM

9.00 After the Flood
New episode 3/6. Jo discovers the two dead men and an accomplice targeted a nearby chemical company belonging to Alan Benson. (S2) (S)(AD)
■ Continues tomorrow

10 PM

10.00 ITV News (S)
10.15 FILM RED
Action comedy thriller starring Bruce Willis, Morgan Freeman, John Malkovich and Helen Mirren. A retired CIA agent sets out to re-assemble his former team to find out why he is being targeted for assassination. With Mary-Louise Parker. (S) (2010, 12, 120min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.15 AM **Teleshopping**
3.00 The Hunting Wives 6/8. Margo hits the campaign trail. (S)(SL)(R)(AD)
3.50 Unwind with ITV (S)
5.05 to 6.00 AM **Prue Leith's Cotswold Kitchen** (S)(SL)(R)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.00 AM **The King of Queens** 5-9/25. (S2) (S)(R)(AD)
7.40 **Everybody Loves Raymond** Triple bill. (S1&2) (S)(R)(AD)
9.00 **Frasier** 3&4/24. (S10) (S)(R)(AD)
10.00 **Sunday Brunch** New edition With Mark Addy, Denise Van Outen and The Molotovs. (S)
1.00 PM **The Simpsons** (S)(R)(AD)
2.20 **The Dog House** (S)(R)(AD)
3.25 **A Place in the Sun** (S)(R)
4.25 **George Clarke's Amazing Spaces** A couple plan to transform two lorries into a travelling home and restaurant. (S)(R)(AD)
5.25 **News** (S)
5.55 **Britain's Railway Empire in Colour** 1/2. The story of how Britain gave railways to the world, featuring newly colourised archive materials. (S)(R)(AD)

11.00 Four Kings

6 PM

6.50 NEW SERIES Mission to Space with Francis Bourgeois
1/2. The social media star and trainspotter trains as an astronaut with one of the leading companies in commercial space flight, and under the guidance of Tim Peake. After experiencing real astronaut G-forces in a human centrifuge, the reality of training proves far tougher than Francis expected. (S)(AD)
■ Entire series on C4 Streaming

7.50 The Great Pottery Throw Down
New edition 4/10. It's Raku Week and the potters make parent and child animal sculptures, as well as taking on a sculpting spot test set by guest judge and master sculptor Nick Mackman. (S)(AD)

9 PM

9.00 Celebrity SAS: Who Dares Wins
New edition 7/8. The recruits take on a punishing ascent weighed down with backpacks, jerry cans and chains. (S)(AD)
■ Concludes tomorrow

10 PM

10.05 Four Kings
New edition 3/4. How despite putting British boxing at the top of the world stage, Frank Bruno, Nigel Benn, Chris Eubank and Lennox Lewis paid a price in personal terms. (S)(AD)
11.00 Four Kings Series finale (S)(AD)
11.55 FILM Carlito's Way Crime thriller starring Al Pacino and Sean Penn. (S)(AD) (1993, 18, 145min) ★★★★
2.20 AM **Dispatches: Palestine Action – The Truth Behind the Ban** (S)(R)
3.15 Kirstie and Phil's Love It or List It The Scottish Borders. (S)(SL)(R)
4.10 Britain's Most Expensive Houses
4.35 The Simpsons (S)(R)(AD)
5.45 to 6.25 AM **Countdown** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.35 AM **Milkshake!**
9.00 **Entertainment News** (S)
9.05 **Bargain-Loving Brits in the Sun** Double bill. (S)(R)
10.55 **Jane McDonald's Caribbean Holiday** The singer visits Nassau in the Bahamas. (S)(R)
12.20 PM **Cyprus: Jewel of the Med** A profile of the island. (S)(R)
1.25 **Sardinia: Jewel of the Med** Exploring the island. (S)(R)
2.20 **Inside the Tower of London** The death of Queen Elizabeth II is announced. (S)(R)
3.20 The fortress needs to make some changes to mark the new king's accession. (S)(R)
4.20 **The Great Plague with Rob Rinder & Ruth Goodman** The devastating impact of the Great Plague of 1665. (S)(R)

7.30 NFL Playoffs

5.50 **Bradley Walsh's Greatest Moments** The actor and presenter gives a personal and honest account of his life, joined by his nearest and dearest celebrity friends to tell the story of his career. (S)(R)

7.20 **News** (S)

7.30 **LIVE** **NFL Playoffs** Dermot O'Leary, Sam Quek, and Osi Umenyiora present coverage of the AFC or NFC Championship Game, as the teams compete for a place in Super Bowl LX in two weeks' time. Philadelphia Eagles claimed an emphatic 55-23 victory over Washington Commanders in last season's NFC Championship match, and went on to win the Super Bowl against the Kansas City Chiefs, who beat the Buffalo Bills 32-29 in the AFC Championship game. Tonight's coverage will also feature the 'game within a game' quiz element, whenever the NFL game stops in the US. (S)

11.30 **Surgeons: A Matter of Life or Death** Documentary. (S)(R)
1.00 AM **PlayOJO Live Casino Show**
3.00 **World's Most Scenic Railway Journeys** A trip from the Kyle of Lochalsh to Aberdeen. (S)(R)
3.45 **Susan Calman's Grand Week by the Sea** Skegness. (S)(R)
4.35 **The Highland Vet** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 | 109 | 340 | 355

6.00 AM **Stop, Search, Seize** (S)(R)
9.00 **The Office (US)** (S9) (S)(R)
11.00 **LIVE** **Football: WSL** London City Lionesses v Manchester City: All the action from Copperjax Community Stadium in Bromley. Kick-off is at 11.55.
2.30 PM **The Simpsons** *Thirst Trap – A Corporate Love Story:* A college dropout asks Mr Burns to fund her project. (S)(R)
2.55 *Cremains of the Day:* Homer, Lenny, Carl and Moe embark on a road trip. (S)(R)
3.20 **David Attenborough's Kingdom of Plants** The wonders of the botanical world. (S)(R)(AD)
4.15 How plants change through the seasons. (S)(R)(AD)
5.15 Plants that have reduced their need for water. (S)(R)(AD)

7.15 Apollo 11

6.15 **A League of Their Own: Mexican Road Trip** 3/6. Jamie Redknapp, Mo Gilligan, Jill Scott and Micah Richards take MLS-style penalties in front of 60,000 fans at top-flight football club Guadalajara's Estadio Akron. (S)(R)(AD)

7.15 **FILM** **Apollo 11** Documentary made to mark the 50th anniversary of the moon landings, presenting the story of the iconic space mission through a newly discovered trove of 70mm archive footage and still photographs and drawing on thousands of hours of audio recordings. (S)(AD) (2019, U, 93min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

9.00 **Evil** *Vatican III:* 7/13. Monsignor Korecki asks Kristen, David and Ben to investigate when Bridget confesses to murder during her exorcism. (S)(R)

10.00 **Evil** *Fathers:* 8/13. When David recognises a sigils in the Poveglia Codex from his father's artwork, he travels to a commune to investigate its meaning. (S1) (S)(R)

11.00 **Saturday Night Live** Satirical American sketch show. (R)
12.30 AM **Karl Pilkington: The Moaning of Life** 2/6. Karl explores the key factors that shape people's identities, including gender, accents, hair and clothes. (S)(R)(AD)
1.30 **The Force: North East** (S)(R)
2.30 **Brit Cops: Rapid Response** (R)
3.30 **to 6.00** AM **Nothing to Declare**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
10.00-10.30am The Sunday Show **7.00-8.00pm** Burns Night **11.40** Sportscene: Premiership Highlights **12.40am** The Women's Football Show **1.30** The Graham Norton Show **2.20** Weather for the Week Ahead **2.25-6.00am** BBC News

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.00-10.30am Sunday Politics

WALES
Sky 965, Virgin 864, Freesat 965
10.00-10.30am Politics Wales **4.35pm** Back in the Day **5.05-5.35pm** Bear Grylls: Wild Reckoning

BBC2

N. IRELAND
Sky 969, Freesat 969
10.30am Flog It! **11.00** **FILM** The Diary of Anne Frank (1959, b/w, U, 165min) ★★★★ **1.45pm** **LIVE** Irish League Football **4.15-5.15** Cheetah Family & Me **8.00** Paula McIntyre's Burns Night Banquet **8.40-9.00** Weather Watchers with Barra Best **10.00** The Traitors Ireland **11.40** Sunday Politics **12.10am** The Chronicles of Strangford **12.20-1.20am** Sign Zone: Gladiators

WALES
Sky 968, Freesat 968
6.00pm Weatherman Walking **6.30-7.00pm** SOS: Extreme Rescues

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **9.00** Tywysogion **10.00** Cynefin **11.00** Sain Ffagan **11.30** Dechrau Canu Dechrau Canmol **12.00noon** Am Dro Cariad! **1.00pm** Y Deis **1.30** Y Fets **2.00** Dim Cwsg i Quinnell **2.30** Adeiladu'r Freuddwyd: Camp Out West **3.00** Antur y Gorllewin **3.55** Ffermio **4.25** Clwb Rygbi **6.10** Pobol y Cwm Omnibws **7.15** Newyddion a Chwaraeon **7.30** Dechrau Canu Dechrau Canmol **8.00** Priodas Pum Mil **9.00** Dal y Mellt **10.00** Carys Eleri'n Caru **11.00-11.50pm** 24 Awr Newidiodd Gymru

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM **EastEnders** Jasmine and Kat visit Zoe in prison. **7.30** Ricky arranges a birthday party for Phil. **8.00** George is disappointed when his offer on Walford East is refused. **8.30** Phil prepares to take Nigel to Portugal.
9.00 **The Traitors Ireland** 1/12. Siobhán McSweeney hosts the murder mystery game.
10.00 **The Traitors Ireland** 2/12. The first murder sends shockwaves and suspicion throughout the castle.
10.50 **The Traitors** 10/12. As the players enter the final quarter of the game, breakfast reveals a move no one saw coming.
11.50 **The Traitors** 11/12. The latest mission offers a unique opportunity to the Faithful.
12.50 **The Traitors** 12/12. The final of the game of treachery and trust.
1.55 AM **The Traitors: Uncloaked** Triple bill.
3.25 **to 3.50** AM **Things You Should Have Done**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **Come Dine with Me**
11.35 **A Place in the Sun**
3.05 PM **Kirstie and Phil's Love It or List It**
4.10 **Location, Location, Location** From Kent.
5.15 **Four in a Bed** The competition begins at Home Farm B&B in Milton Keynes. **5.50** The second visit of the week is to the Vale Hotel in Cricklade, Wiltshire. **6.20** The third visit of the week is to Cottage Lodge Hotel in Brockenhurst.
6.50 **Four in a Bed** The final visit is to Beach Sun Retreat in Dymchurch, Kent. **7.25** Payment Day arrives.
7.55 **The Dog House** Poppy and Bron try to find a home that will accept two dogs, while fine artist Ron is introduced to Chip the terrier-cross and Margaux the mongrel.
9.00 **999: On the Front Line** A man is paralysed from his neck down six weeks after major spinal surgery, and paramedics treat a man with chest pains.
10.00 **24 Hours in A&E** A carpenter is rushed in after partially severing his hand with a saw, and a farmer has a quad-bike accident.
11.05 **24 Hours in A&E**
12.10 AM **999: On the Front Line**
1.15 **24 Hours in A&E**
3.25 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 347 125

BBC4

116 119 | 107/108 | 9/24 | 106 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM **NEW** **BBC Scottish Symphony Orchestra at 90: Inside Classical** Tom Service presents a concert celebrating the BBC SSO's 90th anniversary at City Halls in Glasgow.
9.05 **Mysteries of the Bayeux Tapestry** Archaeologists, historians and scientists try to unravel the mysteries of the 11th-century embroidery depicting the story of the Norman conquest.
10.05 **Ghosts** Adaptation of Henrik Ibsen's play, starring Judi Dench, Kenneth Branagh and Michael Gambon. Oswald is dying and his mother is anxious to keep the precise nature of his illness a secret.
11.50 **Summer in Gossensass** Documentary from 1964 about Henrik Ibsen.
12.50 AM **Dr Jekyll and Mr Hyde: The Read with Reece Shearsmith**
1.55 **Munro: Mountain Man**
2.55 **to 3.55** AM **Mysteries of the Bayeux Tapestry**

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **Hollyoaks Omnibus**
7.10 **Rude(ish) Tube Shorts**
7.30 **Modern Family**
10.00 **Don't Tell the Bride**
12.00 NOON **Ramsay's Kitchen Nightmares USA**
4.00 PM **The Simpsons**
6.00 **FILM** **Sister Act** Comedy starring Whoopi Goldberg as a nightclub singer who takes sanctuary in a convent after witnessing a gangland murder. With Maggie Smith and Harvey Keitel. (1992, PG, 102min) ★★★★
8.00 **The Simpsons** **New episodes** *Homer and Her Sisters:* Krusty's aunt fixes Homer's relationship with Patty and Selma after a fight in an escape room. **8.30** *The Man Who Flew Too Much:* The Pin Pals take part in their first-ever state bowling championship.
9.00 **FILM** **Angel Has Fallen** Action thriller sequel starring Gerard Butler and Morgan Freeman. Secret Service agent Mike Banning is framed for an assassination attempt on the president, and races to clear his name. (2019, 15, 121min) ★★★
11.20 **Gogglebox**
1.30 AM **The Inbetweeners**
2.35 **Naked Attraction**
3.25 **Ramsay's Kitchen Nightmares USA**
4.15 **to 6.00** AM **Hollyoaks Omnibus**

+1 hr 235/236 306 30 123 256

Sunday primetime

SUNDAY Entertainment

Sunday

Sky Witness

107 107 110 341 356

6.00 AM **Caught Red Handed**
8.00 **Border Security USA**
9.00 **Stop, Search, Seize**
10.00 **Border Patrol**
12.00 NOON **UK Border Force**
1.00 PM **Customs UK** Off Cornwall, the crew of the fast cutter *Searcher* board a lone yacht coming from the Canaries. **1.30** Officers discover a ton of cannabis hidden in a truck.
2.00 **Nothing to Declare** Ten editions of the documentary series following the work of customs officers in Australia.

9.00 Law & Order: Criminal...

7 PM 7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM 8.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

9 PM 9.00 **Law & Order: Criminal Intent** *Senseless:* 10/22. Logan investigates an apparently motiveless triple murder. (S7)

10 PM 10.00 **Doc** *Kaddish:* 9/22. Jake processes his grief and feelings for Amy, with a flashback revealing his plan to leave Westside. (S2)
11.00 **Fire Country** 2/22. (S1)
12.00 M'T **Law & Order: Criminal...**
1.00 AM **Law & Order: Special Victims Unit** 3/22. (S26)
2.00 **Law & Order: Criminal Intent**
3.00 **Road Wars**
4.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Urban Secrets**
8.00 **Game of Thrones** (S8)
2.35 PM **Game of Thrones** 1/10. Lord Eddard Stark faces a dilemma when he is asked to serve at the side of King Robert Baratheon. **3.45** 2/10. Bran suffers another attempt on his life. **4.50** 3/10. A weary Ned struggles to deal with the politics of the king's court. **5.55** 4/10. Jon Snow befriends a vulnerable new recruit at the great Wall. (S1)

9.50 Task

7.00 **Game of Thrones** *The Wolf and the Lion:* 5/10. Ned tries to stop Robert from entering the tournament.

8.00 **Game of Thrones** *A Golden Crown:* 6/10. Ned investigates rumours and Tyrion tries to escape the Eyrie. (S1)

9.00 **A Knight of the Seven Kingdoms** *The Hedge Knight:* 1/6. Prequel to *Game of Thrones*. (S1)
9.50 Task *Crossings:* 1/7. An FBI agent heads up a task force to tackle a string of drug-house robberies in Philadelphia. Stars Mark Ruffalo. (S1)
11.00 **Game of Thrones** 7/10. Ned confronts Cersei. **12.00** M'T 8-10/10. (S1)
3.00 AM **A Knight of the Seven Kingdoms** New episode 2/6. Fantasy prequel. (S1)
3.40 **Game of Thrones** 6/6. (S8)
5.05 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Highway Patrol**
8.00 **Hawaii Five-0** (S9)
11.00 **Stargate Universe** Five episodes, including at: **2.00** PM 14/20. Rush resorts to desperate measures. **3.00** 15/20. Greer is left for dead on a desolate planet. (S1)
4.00 **Fear the Walking Dead** 11/15. Nick uses skills from his past for his new role. **5.00** 12/15. Alejandro shows a darker side of himself. **6.00** 13/15. Madison starts to crack under the pressure. (S2)

9.00 Evil

7.00 **Fear the Walking Dead** *Wrath:* 14/15. Travis is blindsided by new refugees at the hotel, while Madison struggles with his return.

8.00 **Fear the Walking Dead** *North:* 15/15. Travis's rage causes unrest, while Nick takes on leadership of the Colonia. (S2)

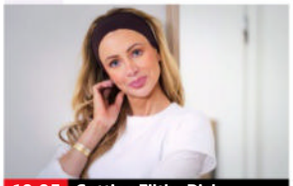
9.00 **Evil** *Vatican III:* 7/13. Monsignor Korecki asks Kristen, David and Ben to investigate when Bridget confesses to murder.

10.00 **Evil** *Fathers:* 8/13. David recognises a sigil in the Poveglia Codex from his father's artwork. (S1)
11.00 **Rob & Romesh vs Team GB: Winter Special** Part two of two. The duo head to the World Curling Championships in Fredericton, Canada.
12.00 M'T **The Force: North East**
2.00 AM **Brit Cops: Rapid Response** Double bill.
4.00 **to 6.00** AM **Sun, Sea and A&E**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Dress to Impress**
8.30 **The Only Way Is Essex**
10.25 **Deal or No Deal**
12.25 PM **Wheel of Fortune**
1.25 **The Masked Singer**
3.00 **Celebrity Catchphrase**
4.05 **FILM Matilda** Roald Dahl's fantasy starring Danny DeVito and Mara Wilson. (1996, PG, 98min) ★★★★
5.55 **FILM Mission: Impossible – Fallout** Action thriller sequel starring Tom Cruise. (2018, 12, 147min) ★★★★


10.05 Getting Filthy Rich

FILM Mission: Impossible – Fallout (started at 5.55pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Love Island: All Stars** New edition Famous former Islanders are given another shot at finding the one.

10.05 **Olivia Attwood: Getting Filthy Rich** New edition 2/6. Olivia meets content creators causing as much outrage as possible.
11.05 **Family Guy** 12/20. Stewie is examined by a psychologist. **11.35** 3/20. Animation. (S16)
12.05 AM **American Dad!** (S13)
1.05 **Piglets** 2/6. (S2)
1.35 **Transaction** 4/6. (S1)
2.05 **Count Abdulla** (S1)
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Inspector Morse**
10.30 **FILM Carry On at Your Convenience** Farcical comedy starring Sidney James. (1971, PG, 90min) ★★★
12.10 PM **Agatha Christie's Marple**
2.10 **Rosemary & Thyme** *The Gooseberry Bush:* The duo find an abandoned baby. **3.10** *Racquet Espanol:* The duo investigate when a tennis player is found dead in Spain.
4.10 **McDonald & Dodds** 2/3. The detectives investigate the death of a rugby player. (S2)

6.10 Agatha Christie's Marple

6.10 **Agatha Christie's Marple** *They Do It with Mirrors:* An old friend of Miss Marple is worried about a fire at her home.

8.05 **Midsomer Murders** *Destroying Angel:* Barnaby launches an investigation after the beneficiaries named in a hotelier's will start to suffer fatal accidents. Guest stars Samantha Bond and Rosemary Leach.

10.05 **Vera** *Dark Road:* The detective investigates when a body is found on the moors, and discovers the victim was a controversial figure with a complicated relationship with her family.
11.55 **Coldwater** 1/6. Thriller starring Andrew Lincoln. **1.00** 2/6. John struggles to cope with his guilt. (S1)
2.00 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

10.30 AM **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **Sportscene: Premiership Highlights** Featuring action from Hearts v Celtic and Rangers v Dundee.
8.15 **The Repair Shop on the Road** Dominic helps revive an Edwardian pianola at Glasgow's Britannia Panopticon.
9.00 **Burns Night** Alistair Heather presents music and spoken-word performances.
10.00 **Still Game** 7/7. Lorraine Kelly interviews Tam and Frances. (S6)
10.30 **Scot Squad** 4/5. PC Charlie MacIntosh has an exciting opportunity. (S7)
11.00 **Music Vault: Robert Burns Special** With Paolo Nutini, KT Tunstall and Eddi Reader.
11.45 **Loop: Tam o' Shanter**
11.55 PM **to 12.00** M'T **Tune**

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S2)
10.30 **Ballers** 5-8/10. (S3)
12.55 PM **Sex and the City**
4.00 **Community** (S4)
6.30 **The Office (US)** 1/6. Pilot episode starring Steve Carell. **7.00** 2/6. Michael holds a seminar on racial sensitivity. **7.30** 3/6. Dwight takes on a new responsibility. **8.00** 4/6. Michael arranges a birthday party for Meredith. **8.30** 5/6. Michael arranges a basketball match between his staff and the warehouse workers. (S1)
9.00 **Saturday Night Live** New edition Satirical American sketch show.
10.30 **Seth Meyers: Dad Man Walking** Stand-up show.
11.45 **Saturday Night Live**
1.15 AM **And Just Like That...** 4&5/11. (S2)
3.15 **to 5.00** AM **Silicon Valley**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **My Favorite Things: The Rodgers & Hammerstein 80th Anniversary Concert**
8.30 **Tales of the Unexpected**
11.00 **Alfred Hitchcock Hour**
12.00 NOON **Landscape Artist of the Year**
1.00 PM **FILM Roustabout** Musical. (1964, U) ★★
3.00 **Michael Flatley: Lord of the Dance – Dangerous Games**
4.45 **Ray Charles: Live at Montreux**
6.15 **Robert Burns: No Holds Bard**
7.15 **Clint Eastwood: A Life in Film**
9.00 **FILM The Good, the Bad and the Ugly** Western. (1966, 15) ★★★★★
12.20 AM **Gloria Gaynor: I Will Survive**
2.30 **Johnson & Knopfler's Music Legends**
3.30 **Isle of Wight Festival**
4.45 **to 6.00** AM **Classic Albums**

Sky Mix

151 158 135 11 141 23

6.00 AM **Border Patrol**
8.00 **Border Security: Canada's Front Line**
9.00 **Star Trek: The Next Generation** (S6)
2.00 PM **FILM The Reluctant Royal** Romantic comedy with Andrew W Walker. (2025, PG, 84min) ★★
4.00 **Arctic Secrets**
6.00 **Arctic from Above**
7.00 **Caught Red Handed**
9.00 **Rob & Romesh vs Almost Everything** Highlights from the first three series.
10.00 **Brassic** *The Fight:* 3/6. Ash is drugged during a bare-knuckle fight. (S1)
11.00 **Never Mind the Buzzcocks** With guests Richard Ayoade, DJ Majestic and Mollie King.
11.45 **Caught on Dashcam** Road disasters captured on dashboard cameras.
12.45 AM **Killer in My Village**
1.40 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Quiz.
1.00 PM **Lingo** Word-based quiz hosted by Adil Ray.
2.00 **Tenable** Quiz show.
3.00 **In with a Shout** Game show with Joel Dommett.
4.00 **Riddiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Stephen Mulhern hosts as Mike tries to open the 22 red boxes in the right order, taking on the infamous Banker for the chance to win a life-changing cash prize.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **Millionaire Hot Seat** Double bill of the quiz show hosted by Jeremy Clarkson.
10.00 **Tipping Point** Triple bill of the arcade-themed game show hosted by Ben Shephard.
12.50 AM **Tenable** Quiz show.
1.45 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Four in a Bed**
2.00 PM **New Zealand's Best Homes with Phil Spencer** Property series.
3.00 **Find It, Fix It, Flog It**
5.10 **A Place in the Sun**
6.15 **FILM Independence Day** Sci-fi adventure starring Will Smith and Bill Pullman. (1996, 12, 145min) ★★★★
9.00 **Celebrity Gogglebox** Famous faces appraise *Race Across the World* and *Silence Is Golden*.
10.05 **Gogglebox** Opinions on *The Americas* and *Wheel of Fortune*.
11.05 **FILM Transporter 2** Action thriller sequel starring Jason Statham. (2005, 15, 88min) ★★★
12.50 AM **24 Hours in Police Custody Investigates: Zombie Knives**
1.50 **Celebrity SAS: Who Dares Wins** Double bill.
3.50 **to 4.50** AM **Arctic Adventure: Ultimate Survival**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **Motorsport Mundial**
6.30 **Auto Mundial**
7.00 **American Pickers**
9.00 **English Football League Highlights** Recent action.
10.30 **The Big Match Revisited**
12.35 PM **Ninja Warrior UK**
1.30 **Cadfael**
3.10 **The Casebook of Sherlock Holmes** Murder mystery.
4.15 **Ice Road Truckers**
6.15 **Football League Legends**
6.30 **River Monsters** Stories of primordial bloodsuckers in the Pacific Northwest.

9.00 The Terminator

7.00 **American Pickers** Mike Wolfe and Danielle Colby look through a scrapyard and find a classic car with a famous history.

8.00 **Ice Road Truckers** Alex Debogorski discovers he has a flat tyre while on the toughest part of the Dalton Highway.

9.00 FILM **The Terminator** Thriller starring Arnold Schwarzenegger as a cyborg assassin sent from the future to present-day LA to kill a woman who holds the key to humanity's future. With Linda Hamilton. (1984, 15, 108min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 **Startup** New episode 9/10. Alex drops a bombshell that compromises Izzy. (S1)
12.10 AM **American Pickers**
1.05 **Giant Lobster Hunters**
2.00 **The Protectors**
2.30 **Unwind with ITV**
3.30 **to 4.00** AM **Auto Mundial**

+1 hour 220 318 118

Sky Sci-Fi

152 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 FILM **Jurassic Attack** Sci-fi action thriller starring Corin Nemec. (2013, 15, 83min) ★★
1.00 PM **Stargate SG-1** Five episodes, including at: **5.00** 21/22. Part one of three. The project faces closure. (S1)
6.00 **Star Trek: Deep Space Nine** 8/26. Sisko, Odo, Dax and Garak are transported back in time and find themselves facing execution as falsely-accused rebel Bajorans. (S5)

11.00 Jurassic Attack

7.00 **Star Trek: Deep Space Nine** *Let He Who Is Without Sin:* 7/26. Worf is brainwashed into joining a band of militants.

8.00 **Star Trek: Deep Space Nine** *The Ascent:* 9/26. Old adversaries Odo and Quark become stranded on a desolate planet.

9.00 **Star Trek: Deep Space Nine** *Rapture:* 10/26. Sisko is plagued by visions that potentially hold the key to Bajor's future.

10.00 **Star Trek: Deep Space Nine** *The Darkness, the Light:* 11/26. An assassin targets members of Kira's resistance group. (S5)

11.00 **Grimm** 9/13. A man is devoured by a tree-like Wesen. **12.00** M'T 10/13. A series of brutal attacks are linked to a local nursing home. **1.00** AM 11/13. Eve sets out to confront the force she saw in the mirror. **2.00** 12&13/13. (S6)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S8)
10.00 **Inspector George Gently**
12.00 NOON **Father Brown**
4.00 PM **Alaska Daily** 5/11. Eileen and Roz gain a new lead on Gloria's case. **5.00** 6/11. When two local women go missing, Roz is frustrated over the lack of equal attention they get. (S1)
6.00 **Father Brown** *The Tree of Truth:* A body found in the woods is identified as a local woman who went missing seven years earlier.

7.00 Murdoch Mysteries

7.00 **Murdoch Mysteries** New episode *Toronto's Smartest Man:* 3/21. A man is murdered during a battle of wits. (S19)

8.00 **Return to Paradise** *Oh Mine Papa:* 6/6. Mackenzie uncovers some family secrets that put a new spin on a murder case. (S1)

9.20 **Death in Paradise** *A Personal Murder:* 4/8. Dwayne receives a text message from beyond the grave after an old friend's funeral.

10.40 **Death in Paradise** *Lost Identity:* 5/8. Humphrey's aunt becomes caught up in a murder investigation. With Wendy Craig. (S5)

12.00 M'T **Father Brown** *The Serpent Within:* Sullivan's dream of leaving Kembleford is scuppered when he is arrested for receiving stolen goods.
1.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.00 AM **Only Fools and Horses**
12.45 PM **Only Fools and Horses** Six episodes, including at: **4.05** Del grabs an opportunity to make a quick profit and bring Trotters Independent Traders into the hi-tech world of satellite communications.. **5.15** An audition gives Raquel the chance of a lifetime – and an excuse to get out of Nelson Mandela House. **6.20** Del becomes a showbiz entrepreneur after discovering a sensational Tom Jones-style singer at a local club.

10.50 This Time with Alan...

7.25 **Only Fools and Horses** Del is invited to a school reunion at the Nag's Head organised by old adversary Roy Slater, who has recently been released from prison. Guest stars Jim Broadbent. **8.35** Uncle Albert falls victim to muggers, so Del Boy resolves to take the law into his own hands. **9.40** Rodney and Albert worry the flat will get overcrowded once Raquel and Del's baby arrives.

10.50 **This Time with Alan Partridge** Alan talks police dog bravery and product placement before meeting his own lookalike.
11.30 **This Time with Alan Partridge**
12.10 AM **Knowing Me, Knowing You – With Alan Partridge**
1.30 **This Time with Alan Partridge** Double bill.
2.55 **to 4.00** AM **Knowing Me, Knowing You – With Alan Partridge**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.20 AM **Hairy Bikers' Best of British** Exploring the French influence on British food.
8.10 **Storage Hunters UK**
8.45 **Mortimer & Whitehouse: Gone Fishing** Double bill.
10.00 **Guy Martin: Proper Jobs**
11.00 **Top Gear** Double bill.
1.00 PM **Storage Hunters UK**
2.40 **Hairy Bikers' Best of British**
4.40 **Simon Reeve's South America** Double bill.
6.40 **Mortimer & Whitehouse: Gone Fishing** The duo fish for wild brown trout in Wales.

4.40 South America

7.20 **Mortimer & Whitehouse: Gone Fishing** Paul and Bob fish the wild lakes of Essex in search of carp.

8.00 NEW SERIES **Guy Martin: Proper Jobs** 1/4. Guy joins an RNLI lifeboat crew. *See feature, page 21.* ■ Entire series on Box Sets

9.00 **Have I Got a Bit More News for You** Angela Rippon hosts the satirical quiz, with guests Richard Osman and Jo Brand.

10.00 **QI** With guests Jeremy Hardy, Barry Cryer and Jeremy Clarkson.
10.40 **Mock the Week** Best bits and unseen material.
11.20 **Mock the Week** With Tom Allen, Ed Gamble, Kerry Godliman and Sindhu Vee.
12.00 M'T **Live at the Apollo** With Maisie Adam, Michael Odewale and Susie McCabe.
1.00 AM **QI XL**
2.00 **to 4.00** AM **Schitt's Creek**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **Murder, She Wrote**
10.05 **Blue Bloods** (S6)
3.00 PM **NCIS** Seven episodes, including at: **6.00** *Jeopardy:* 22/24. A suspect dies while being restrained by Ziva. **7.00** *Hiatus – Part One:* 23/24. Gibbs is injured in an explosion. **8.00** *Hiatus – Part Two:* 24/24. Gibbs emerges from his coma. (S3) **9.00** *Shalom:* 1/24. Ziva witnesses an assassination. (S4)
10.00 **Law & Order: Special Victims Unit** *The Newsroom:* 16/21. A news anchor makes a rape accusation live on air. (S18)
11.00 **Law & Order: Special Victims Unit** (S18)
1.50 AM **Criminal Minds**
2.45 **Law & Order** (S11)
3.35 **to 4.00** AM **Cops**

+1hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Friends** (S9&10)
10.05 **Shoplifters: Caught Red Handed** Triple bill.
1.05 PM **Traffic Cops**
5.00 **Police Interceptors** The firearms team mobilise to tackle a suspect armed with a pistol. **6.00** Phil Broughton is hot on the heels of dangerous driver. **7.00** Sgt Brian Blackmore and his team execute a dawn raid.
8.00 **The Jobless Prince: What Will Harry Do Next?** A look into what the future holds for the Duke of Sussex.
9.35 **A Killer Makes a Call**
11.05 **Murdered at First Sight**
12.05 AM **My Lover, My Killer**
1.05 **Skin A&E**
2.10 **Car Pound Cops**
2.55 **Adults Only: Escort Next Door**
3.55 **to 4.00** AM **Entertainment News**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Trucking Hell**
11.00 **Ice Road Truckers**
4.05 PM FILM **The Unforgiven** Western with Burt Lancaster. (1960, PG, 125min) ★★★
6.30 FILM **Death Rides a Horse** Spaghetti Western starring Lee Van Cleef. (1969, 15, 111min) ★
9.00 FILM **Bloodsport** Action thriller starring Jean-Claude Van Damme. A secret agent goes AWOL in order to take part in a martial-arts contest in Hong Kong. (1987, 18, 92min) ★★
10.55 **World's Deadliest Weather: Caught on Camera** Wildfires that ravaged California. **11.55** A base jumper becomes stranded in freezing temperatures.
12.55 AM **World's Deadliest Weather: Caught on Camera** Triple bill.
3.55 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.15 AM **My Family**
10.00 **Tipping Point**
1.00 PM **The Supervet: Noel Fitzpatrick** Five editions.
6.00 **Pete Wicks: For Dogs' Sake** Pete meets Keira, a dog on the brink of starvation.
7.00 **Inside the Ambulance** Paramedics in Dudley attend a road accident. **8.00** Paramedics are called to an unconscious child in a park.
9.00 **Inside the Operating Theatre** Seven-year-old Nancy has an operation to straighten her squint. **10.00** Anne needs an operation to remove a lump from her foot.
11.00 **One Born Every Minute**
12.00 M'T **Inside the Ambulance**
12.30 AM **Louis Theroux: Life on the Edge**
1.35 **to 3.00** AM **Michael McIntyre's The Wheel**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.05 AM **The Bill**
12.40 PM **Call the Midwife**
3.20 **Catherine Cookson's The Fifteen Streets**
5.40 **Last Tango in Halifax**
7.00 **Ladies in Black** New episode *Spring Carnival:* 4/6. Spring racing carnival draws battle lines between Magda and Mrs Ambrose over youth fashion. (S1)
8.00 **Sister Boniface Mysteries** *A Murder of Crows:* 2/8. A killer scarecrow wreaks havoc at the annual Scarecrow Festival. (S4)
9.00 **Silent Witness** *Undertone:* A teenage girl's body is discovered in a suitcase. Guest stars Morven Christie and Sean Gallagher.
11.15 **New Tricks**
12.35 AM **Call the Midwife**
1.55 **to 4.00** AM **The Brokenwood Mysteries**

+1hr 243 316 60 260

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys**
8.00 **Train Truckers**
11.00 **Canal Boat Diaries**
2.00 PM **Motorhoming with Merton & Webster**
4.00 FILM **Escape from Sobibor** World War Two drama with Alan Arkin. (1987, 15, 143min) ★★
7.00 **Incredible Journeys with Simon Reeve** Simon looks back on wildlife stories.
8.00 **Inside Bentley: A Great British Motorcar** A look behind the scenes at the car company's plant.
9.00 **Flipping Bangers** Gus and Will hope to buy a classic Rover.
10.00 **Bangers & Cash** Paul collects a 1971 Jaguar E-Type and a 1933 Morgan three-wheeler Supersport.
11.00 PM **to 3.00** AM **Bangers & Cash**

+1 hour 255 329

Sunday

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** From Kent.
7.00 **Teleshopping**
8.00 **Fantasy Homes by the Sea** Double bill.
10.00 **My Dream Derelict Home in the Sun**
12.00 NOON **My Lottery Dream Home**
3.00 PM **Escape to the Country** Double bill.
5.00 **A Place in the Sun**
9.00 **Long Lost Family** A woman hopes to track down her Sri Lankan birth mother. **10.00** A woman who lost two members of her adoptive family in a single year is desperate to find her birth family, while another woman searches for the son she gave up against her will.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Great! TV

157 167 170 34 32

8.00 AM **The Waltons**
1.00 PM **The Waltons** (S2)
4.00 **FILM The Belles of St Trinian's** Comedy starring Alastair Sim, George Cole and Joyce Grenfell. (1954, b/w, U, 87min) ★★★★
6.00 **FILM Anna and the King** Romantic drama starring Jodie Foster and Chow Yun-Fat. (1999, 12, 145min) ★★★★
9.00 **FILM Seabiscuit** Fact-based drama set in Depression-era America, starring Tobey Maguire and Jeff Bridges. During the 1930s, three men turn a small horse called Seabiscuit into a racing champion. With Chris Cooper. (2003, PG, 140min) ★★★
11.55 **Dear John** Triple bill.
1.55 AM **Home to Roost**
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257

Great! Action

323 319 426 42 33

9.10 AM **Tombstone Territory**
9.40 **The High Chaparral**
10.40 **FILM Coroner Creek** Western adventure. (1948, PG, 89min) ★★
12.40 PM **FILM Barquero** Western with Lee Van Cleef and Warren Oates. (1969, PG, 114min) ★
3.00 **FILM Union Pacific** Western drama. (1939, b/w, PG, 135min) ★★
5.55 **FILM Frenchie** Western starring Shelley Winters. (1950, PG, 80min) ★★
7.50 **FILM The Indian Fighter** Western starring Kirk Douglas. (1955, PG, 88min) ★★★
9.50 **FILM November Man** Spy thriller starring Pierce Brosnan. (2014, 15, 108min) ★★★
12.10 AM **FILM Outlaws and Angels** Western. (2016, 18, 120min) ★★
2.45 **The Persuaders!**
4.25 **to 5.50** AM **Cops Uncut**

+1 hour 324

Great! Mystery

321 318 425 50 48

8.10 AM **Diagnosis Murder**
9.10 **FILM Murder, She Baked: A Peach Cobbler Mystery** Drama. (2016, PG, 85min) ★★
11.00 **Murder, She Wrote** Ten episodes of the drama.
9.00 PM **FILM Murder, She Baked: A Deadly Recipe** Mystery starring Alison Sweeney, Cameron Mathison and Barbara Niven. (2016, PG, 86min) ★★
10.55 **The Chronicle Mysteries: Deep End** Crime drama with Alison Sweeney. A man's body is discovered in a pond.
12.50 AM **FILM 911 Nightmare** Thriller with Fiona Gubelmann. (2015, 15, 95min) ★★
2.25 **FILM Web of Lies** Mystery thriller. (2009, 12, 90min) ★★
4.05 **to 5.00** AM **Sue Thomas: F.B.Eye**

+1 hour 322

Great! Romance

319 317 424 52 47

8.00 AM **FILM Charm of Love** Romantic drama. (2020, PG, 88min) ★★
9.55 **FILM Pumpkin Pie Wars** Comedy. (2016, PG) ★★
12.00 NOON **FILM Love at the Lodge** Drama. (2022, U, 89min) ★★
1.55 PM **FILM The Royal Bake Off** Romance. (2023, PG, 90min) ★★
3.55 **FILM Love in Bloom** Comedy. (2022, U) ★★
5.55 **FILM The Love Gala** Romantic comedy. (2023, PG, 86min) ★★
7.55 **FILM A Royal Recipe for Love** Romance. (2023, PG, 89min) ★★
9.45 **FILM Love by Chance** Romantic comedy. (2016, PG, 85min) ★★
11.40 **FILM Just the Way You Are** (2015, PG) ★★
1.45 AM **Highway to Heaven**
2.45 **FILM Love in Bloom**
4.15 **to 5.00** AM **Highway to Heaven**

+1 hour 320

Rewind TV

182 81 141

6.00 AM **Sherlock Holmes**
7.30 **That's My Dog**
8.00 **The Lovers**
9.00 **The Fenn Street Gang**
10.00 **Bubblegum & Cheese**
11.00 **Boon** 10/13. (S2)
12.00 NOON **The Prime of...**
1.00 PM **Lady Killers**
2.00 **The Champions**
3.00 **The Brian Conley Show**
3.30 **The Dustbinmen** (S3)
4.30 **That's My Dog**
5.00 **70s vs 80s Rewind Hits**
6.00 **Boon** 10/13. (S2)
7.00 **FILM Heather Ann** Drama. (1983, 15) ★★
8.00 **Lady Killers**
9.00 **Dark Skies** 6/20. (S1)
10.00 **FILM Orgy of the Dead**
12.00 M'T **Hotel Amigo**
1.00 AM **The Prime of Miss Jean Brodie** 4/7. (S1)
2.00 **FILM Invasion of the Bee Girls** (1973, 18) ★
3.45 **Hank the Cowboy**
4.00 **Dark Skies** 6/20. (S1)
5.00 **to 6.00** AM **Stereo Underground**

DMAX

158 151 169 39 147 35

6.00 AM **Baggage Battles**
10.00 **Junkyard Empire**
2.00 PM **Kindig Customs**
5.00 **Mike Brewer: Born Dealer** Double bill.
7.00 **Mysteries of the Deep** Jeremy Wade explores a revolutionary technique that could identify the Loch Ness Monster. **8.00** Jeremy explores the mystery behind the infamous giant squid.
9.00 **Lost Monster Files** The team investigate a series of Abominable Snowman encounters. **10.00** An unknown predator preys on orcas off the coast of Kodiak.
11.00 **Expedition X** Phil and Jessica head to Lake Lanier, one of America's deadliest lakes.
12.00 M'T **Expedition X**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1 hour 258 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **Man v Food: Best Of**
1.00 PM **James Martin's American Adventure**
3.00 **Great British Bake Off**
9.00 **James Martin's American Adventure** James makes a pit stop at the Sonoma Raceway. **10.00** The chef visits an incredible food market in Santa Monica.
11.00 **Secret Eats with Adam Richman** Adam is in Portland, searching for a huge off-menu burger. **11.30** Adam's in Nashville for off-menu deep fried grilled cheese. **12.00** M'T Adam tries secret menu items at a New Orleans pizzeria. **12.30** AM Adam tries a secret beer-filled burger at a Philadelphia eatery.
1.00 **to 3.00** AM **Diners, Drive-Ins and Dives**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

7.00 AM **FILM Battle Star Wars** Sci-fi drama. (2020, 12, 86min) ★
9.00 **The A-Team** (S3)
2.00 PM **FILM The Buccaneer** Adventure. (1958, b/w, PG, 121min) ★★★
4.20 **FILM Lancaster Skies** Wartime drama. (2019, PG, 89min) ★★
6.15 **FILM High Flight** Drama. (1958, PG, 8min) ★★
8.00 **The Twilight Zone** (S4)
9.00 **FILM Lawless** Crime drama with Tom Hardy and Shia LaBeouf. (2012, 18, 111min) ★★★★
11.15 **FILM The Trust** Comedy thriller starring Nicolas Cage and Elijah Wood. (2016, 15, 90min) ★★★
1.05 AM **FILM Escape Plan 2: Hades** Thriller sequel with Sylvester Stallone. (2018, 15, 96min) ★★
3.00 **to 4.50** AM **FILM The Jigsaw Man** Cold War espionage drama. (1983, 15, 91min) ★★

Legend Xtra

317 316 171 69 138 51

9.00 AM **The Twilight Zone**
10.00 **FILM True Grit: A Further Adventure** Western drama sequel. (1978, PG, 104min) ★★
12.00 NOON **FILM Shark Season** Suspense thriller. (2020, PG, 87min) ★★
2.00 PM **FILM Escape from Mars** Sci-fi drama. (1999, PG, 86min) ★★
4.00 **The Fall Guy** (S1)
9.00 **FILM King Kong** Fantasy starring Jessica Lange and Jeff Bridges. (1976, PG, 130min) ★★★
11.35 **FILM Lonesome Dove Church** Western starring Tom Berenger. (2014, 15, 89min) ★★
1.25 AM **FILM Horror Express** Horror chiller. (1972, 15, 88min) ★★★
3.15 **FILM Martian Land** Sci-fi action drama. (2015, PG, 90min) ★
5.00 **to 6.00** AM **The Twilight Zone**

+1 hour 318 371 139

Blaze

156 169 174 64 161 41

6.00 AM **Container Wars**
6.45 **Rust Valley Restorers**
8.20 **Junk & Disorderly**
10.10 **Pawn Stars**
1.05 PM **Storage Hunters**
3.05 **Auction Hunters**
5.05 **Storage Wars: Texas**
7.00 **Secrets in the Ice**
8.00 **The Curse of Oak Island** The team dig up treasure on Lot Five.
9.00 **The Great British Dig: History in Your Back Garden** A 19th-century prison with a difference.
10.00 **Discovered by Disaster** A collapsed kingdom.
11.00 **Holy Marvels with Dennis Quaid**
12.00 M'T **History's Greatest Mysteries** Zodiac Killer.
1.00 AM **Paranormal: Caught on Camera**
2.00 **My Paranormal Nightmare**
3.00 **World's Most Unexplained**
4.00 **to 6.00** AM **Secret Restoration**

5SELECT

153 166 138 46 133 30

9.00 AM **Britain's Greatest Bridges** Triple bill.
12.00 NOON **Columbo** Five episodes, including at: **5.00** PM *Butterfly in Shades of Grey:* A radio host kills one of his employees and thinks he has the perfect alibi. **7.00** *Columbo Cries Wolf:* Lt Columbo suspects the owner of a men's magazine is behind the strange disappearance of his business partner.
9.00 **1984: Those Were the Days** A look back at the key events in TV, film and showbiz and politics.
11.00 **Taggart** *Evil Eye.*
1.45 AM **Michael Palin in Venezuela** Documentary.
2.45 **Michael Portillo's Travel Diaries**
3.35 **Britain's Greatest Bridges** The Clifton Suspension Bridge.
3.50 **to 4.00** AM **Entertainment News**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Dickinson's Real Deal**
11.00 **Celebrity Catchphrase**
12.00 NOON **Tenable**
2.00 PM **Lily Savage's Blankety Blank**
4.00 **The Chase** Quiz show.
5.00 **The Chase Celebrity Special** Nick Hancock, Jenny Eclair, Michelle Collins and Rufus Hound compete for charity. **6.00** Famous faces take part in the quiz show hosted by Bradley Walsh.
7.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
9.00 **The Chase Celebrity Special** AJ Pritchard, Hollie Arnold, Giovanna Fletcher and Russell Watson take part.
10.00 **The Chase** Quiz show.
11.00 **Bullseye** Six editions.
2.00 AM **The Chase**
4.00 **The Chase Celebrity Special** Quiz show.
5.00 **to 6.00** AM **The Chase**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Young Sheldon**
10.00 **The Big Bang Theory**
7.00 PM **The Big Bang Theory** 19/24. Sheldon's online gaming account is targeted by a hacker. **7.30** 20/24. Amy and Sheldon start a gossip experiment. (S4)
8.00 **Georgie and Mandy's First Marriage** New episodes 3/22. Georgie receives his first credit card. **8.30** 4/22. Georgie and Mandy attempt to make new friends. (S1)
9.00 **FILM Transformers: Age of Extinction** Sci-fi adventure sequel starring Mark Wahlberg. (2014, 12, 166min) ★★★
12.00 M'T **Young Sheldon**
12.30 AM **Dr Pimple Popper**
1.30 **Say Yes... Atlanta**
2.00 **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Stupid Central**
9.00 **Friends** (S3&4)
3.00 PM **FILM The Jewel of the Nile** Adventure sequel starring Michael Douglas. (1985, PG, 104min) ★★★★
5.00 **Friends** (S4)
9.00 **FILM Runaway Bride** Romantic comedy starring Julia Roberts and Richard Gere. Sparks fly when a New York journalist visits a small Maryland town to report on a woman who has jilted a series of grooms at the altar. (1999, PG, 116min) ★★★
11.20 **8 Out of 10 Cats Uncut**
12.10 AM **Out of Order**
1.10 **Jimmy Carr's Am I the A**hole?**
2.10 **Jack Whitehall Live**
3.50 **The Ricky Gervais Show**
4.15 **to 5.00** AM **Bradley & Barney Walsh: Breaking Dad**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** 6&7/24. (S6)
7.00 **Teleshopping**
9.00 **Bradley & Barney Walsh: Breaking Dad**
12.00 NOON **Criminally Funny**
7.00 PM **Friends** 4/24. Joey helps the caretaker with his dance practice. **7.30** 5/24. Chandler falls for Joey's girlfriend. **8.00** 6/24. Ross's latest conquest reveals a grubby secret. **8.30** 7/24. Chandler embarks on a wild spending spree. (S4) **9.00** 2/25. Monica and Chandler decide to move in together. **9.30** 3/25. Ross makes a dramatic decision. (S6)
10.00 **Friends** (S6)
2.00 AM **New Girl** (S2)
3.00 **South Park** (S5)
4.30 **John Mulaney: New in Town** Stand-up show.
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 164 42

8.00 AM **That's 60s: Best Music Live!**
8.05 **On the Buses** (S2)
9.05 **Steptoe and Son** (S7)
1.25 PM **Man About the House** 1-7/7. (S6)
5.05 **Birds of a Feather**
7.55 **Minder** 2/13. (S3)
9.00 **Benidorm** 7/9. A ban is placed on alcohol in Benidorm due to a religious festival. (S9)
9.55 **Shameless** 14/14. Last-ever episode. (S11)
11.00 **Man About the House**
11.25 **Rising Damp** (S4)
11.55 **Benidorm** 7/9. (S9)
12.55 AM **Shameless** (S11)
1.55 **The Kenny Everett Video Show**
2.25 **Man About the House**
2.55 **Duty Free** (S2)
3.20 **The Osbournes**
3.45 **That's 60s: Best Music Live!**
4.00 **Nearest and Dearest**
4.50 **to 6.00** AM **European Rail**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **Teen Mom 2**
8.00 **Teen Mom: The Next Chapter** Five editions.
1.00 PM **Catfish: The TV Show** Five editions.
6.00 **Catfish: Scammed**
7.00 **Catfish: Fiendish Friends** A woman ends a real-life relationship to pursue an online one.
8.00 **Catfish: The Dramatic** A woman tries to find out why her lover ended their relationship.
9.00 **Help! I'm in a Secret Relationship!** After a year of dating, Ed still hasn't met Lynn's friends or family.
10.00 **Teen Mom UK** Sassi dreams of her future without Darren.
11.00 **Ink Master: Angels**
12.00 M'T **Dating Naked**
1.00 AM **Jersey Shore**
2.45 **Catfish: The TV Show**
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **Wheeler Dealers World Tour** Six editions.
12.00 NOON **Alaska: Homestead Rescue** The Raneys reveal the five essential watchouts for wannabe homesteaders. **1.00** PM In Aloha State, the Raneys help a Hawaiian family struggling to homestead between two active volcanoes. **3.00** Marty Raney returns to the island of Kauai to find the Nash's homestead in peril. **5.00** A widowed homesteader feels overwhelmed by her large family homestead.

9.00 Moonshiners

7.00 Alaska: Homestead Rescue New edition The off-grid dream of an Arkansas family spans three generations – but lately, they're struggling to make it work, and a polar vortex hits mid-rescue.

9.00 Moonshiners: Master Distiller New edition Three Poitin experts compete to be named Master Distiller.

10.00 Mud Madness Megan makes her mark in a big tire race, AJ spirals without Madi, and Bryce fights to keep his lead.

11.00 Kindig Customs Dave's latest client challenges him to build a CF1 that incorporates all of the bells and whistles of a vintage 1960s British race car.
12.00 M'T **Overhaulin'** Triple bill.
3.00 AM **Street Outlaws**
4.00 **to 5.00** AM **Street Outlaws: Locals Only**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Crikey! It's the Irwins**
10.00 **Lone Star Law**
11.00 **Dr Jeff: Rocky Mountain Vet**
1.00 PM **Pit Bulls & Parolees**
3.00 **My Cat from Hell** Jackson Galaxy deals with his most vicious feline attack in years. **4.00** A hyperactive Persian cat suddenly collapses.
5.00 **Treehouse Masters** A barn-like birdhouse built for two retirees in Wisconsin.
6.00 **Bad Dog!** A monkey who has free reign of a house.

8.00 Treetop Cat Rescue

7.00 How Do Animals Do That? A look at how polar bears keep warm. **7.30** Why drowned ants don't actually drown.

8.00 Treetop Cat Rescue Shaun battles a storm to rescue a repeat offender. **8.30** Cake the cat proves not to be quite so sweet.

9.00 Alaskan Bush People: Book of Bam An interview with Bam Bam Brown, who often serves as taskmaster.

10.00 Tanked Comedian Howie Mandel wants ATM to build him another tank, plus an existing tank needs a major upgrade.

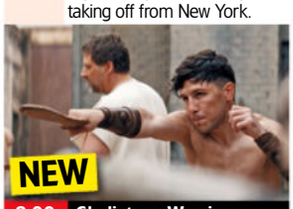
11.00 Alaska: The Last Frontier Atz encounters a predator.
12.00 M'T **River of No Return** Heavy rain threatens to destroy Aubrey's ranch.
1.00 AM **Saved by the Barn**
2.00 **The Haunted**
3.00 **Little Giants** Double bill.
4.00 **to 5.00** AM **The Zoo**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Construction Fails**
10.00 **Car S.O.S** Triple bill.
1.00 PM **Air Crash Investigation**
3.00 **Airport Security: Rome** Police stop a father and son travelling with fake passports. **4.00** Police seize cocaine soaked in pyjamas and hidden in a stuffed animal.
5.00 **Toronto Airport Uncovered** Spring break puts pressure on the airport infrastructure.
6.00 **Air Crash Investigation** A plane explodes shortly after taking off from New York.



8.00 Gladiators: Warriors...

7.00 Lost Treasures of Rome New edition Archaeologists uncover how Rome ruled the seas for four centuries.

8.00 NEW SERIES Gladiators: Warriors of the Ancient World The rise of Spartacus from enslaved gladiator to rebel leader.

9.00 Colosseum: Rise and Fall New discoveries and cutting-edge research reveal the history of Rome's Colosseum.

10.00 Drain the Oceans: Rise of the Roman Empire Undersea remains reveal the extent of the Roman Empire's naval power.

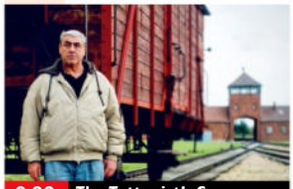
11.00 The Challenger Disaster: Lost Tapes The events leading up to the loss of the space shuttle in January 1986.
12.00 M'T **To Catch a Smuggler**
1.00 AM **Air Crash Investigation**
2.55 **Food Factory** Double bill.
3.45 **To Catch a Smuggler**
4.35 **to 5.00** AM **Made in a Day**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Storage Wars**
7.00 **Secrets Declassified with David Duchovny**
9.00 **Gold Wars Downunder**
10.00 **Ice Road Truckers**
11.00 **Pawn Stars** Triple bill.
2.00 PM **Junk & Disorderly** Triple bill of editions, including at: **4.00** Henry Cole and Sam Lovegrove head to the Bristol Classic Car Show.
5.00 **Hazardous History with Henry Winkler** Jaw-dropping travel tales of the past. **6.00** A feast of food horrors.



9.00 The Tattooist's Son

7.00 WWII's Most Daring Raids A mission to take out four German howitzers about to assault Utah Beach.

8.00 WWII's Most Daring Raids A midnight raid by an elite group of British paratroopers on Hitler's unusual radar equipment.

9.00 The Tattooist's Son: Journey to Auschwitz Gary Sokolov visits the wartime camp through the infamous Arbeit Macht Frei gatehouse, from where he begins to explore the horrors confronted by his parents.
10.45 Forged in Fire Four smiths fashion a signature damascus blade.
11.45 Secrets Declassified with David Duchovny Stalin's trials to create a hybrid human-ape super army. **12.40** AM Declassified files regarding missions in space.
1.35 **Forged with Steele**
2.05 **Junk & Disorderly**
5.05 **to 6.00** AM **Hazardous History with Henry Winkler**

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **Discovering: Harrison Ford**
7.00 **Discovering: Meryl Streep**
8.00 **The Directors**
9.00 **Jackie Stewart**
11.00 **Lancaster**
1.10 PM **Spielberg**
4.00 **I'm Chevy Chase and You're Not** A profile of the actor.
6.00 **Boyzone: No Matter What** Documentary about the boy band, featuring rare and exclusive interviews with the members, who talk candidly about how they grappled with the true cost of global fame.

6.00 Boyzone: No Matter What

7.00 Boyzone: No Matter What The documentary charts the band's growing success with their first number one single.

8.00 Boyzone: No Matter What Charting how the band's split came to an end when Mikey proposed a reunion.

9.00 FILM Amy Asif Kapadia's portrait of soul, jazz and R'n'B singer-songwriter Amy Winehouse, whose death in July 2011 followed a well-publicised history of drugs and alcohol abuse. (2015, 15, 128min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 I Am Johnny Cash Profile of the country singer-songwriter, built around 12 of his classic tracks spanning four decades, and featuring interviews with his family and friends.
1.15 AM **Hijacked: Flight 73** The hijacking of Pan Am Flight 73 in Karachi in 1986.
3.10 **The United Way**
5.00 **to 6.00** AM **The Directors**

7 PM
8 PM
9 PM
10 PM

Sunday

Quest

140/141 149 128/137 17 145 18

6.00 AM **Find It, Fix It, Flog It**
9.00 **Antiques Road Trip**
2.00 PM **The Repair Shop**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **The Derbyshire Auction House** Whilst sorting through an antique shop, Irita finds a Uranium glass vase.
8.00 **The Repair Shop** Items include a special sporran and an artist's tool. **9.00** A 1960s record player and a pair of 1970s boots are given a new lease of life. **10.00** Cobbler Dean revives a pair of running spikes from the 1940s.
11.00 **Australian Open Tennis** Action from day eight.
12.00 M'T **The Repair Shop**
1.00 AM **Massive Engineering Mistakes**
2.00 **Destroyed in Seconds**
4.00 **to 5.00** AM **How It's Made**

+1 hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

6.00 AM **Animal Cops Phoenix** Documentary.
7.00 **Helicopter ER**
9.00 **Cops UK: Bodycam Squad** Double bill.
11.00 **Faking It: Tears of a Crime** The cases of Tracie Andrews and Mike Gifford-Hull.
12.00 NOON **FBI Files**
3.00 PM **Disappeared** Six editions of the series.
9.00 **A Killer's Mistake** Savannah Paschal's husband makes a deadly decision when she tries to leave.
10.00 **Evil Lives Here** A couple become entwined in a twisted plot that ends in a brutal murder.
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Erica Vassell.
3.00 **to 4.00** AM **FBI Files**

+1 hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
6.05 **The Killer You Know** Three people who turned to murder to sort out their problems. **7.00** Hatred and greed lead killers to revenge. **8.00** Police are stunned after investigating three murder cases.
9.00 **Voice of a Killer Special: The Colonel** The case of Colonel Russell Williams, one of the deadliest killers the UK has ever known.
10.00 **Secrets of a Murder Detective** The story of Anuj Bidve, who was shot at point-blank range in Manchester.
11.00 **Fatal Fall: Murder or Accident?** Documentary.
12.00 M'T **When Death Comes Knocking**
1.00 AM **The Killer You Know**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Medical Detectives**
12.00 NOON **48 Hours**
2.00 PM **Uncovering Melanie's Murderer**
3.00 **Facing Evil** The murder of Michael Nieman, who was found shot dead in his own bed. **3.30** When a pastor's wife turns up dead, all eyes are on his mistress.
4.00 **Crimes That Shook Australia** The story of how, on Father's Day in 2005, Robert Farquharson drove his car into a dam, drowning his three sons. **5.00** The shooting of Peter Falconio by Bradley Murdoch in 2001.
6.00 **Judge Judy** Real-life small-claims cases.
2.00 AM **Crimes That Shook Australia** Double bill.
4.00 **Citizen Detective**
4.45 **Facing Evil**
5.35 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Highway Cops**
8.00 **Brit Cops: Law & Disorder** Documentary.
9.00 **Caught on Dashcam**
10.00 **Murders That Shocked the Nation** Harold Jones.
11.00 **World's Most Evil Killers**
1.00 PM **Killing Mum and Dad**
3.00 **Killer in My Village**
5.00 **Britain's Most Evil Killers** Double bill.
7.00 **Forensics: Catching the Killer** Double bill.
9.00 **Undercurrent: The Disappearance of Kim Wall** 1&2/2.
11.20 **The Murder of Lee Irving: Disability Mate Crime** Documentary.
12.15 AM **Murdered at First Sight** Documentary.
1.10 **Killer in My Village**
2.00 **How I Caught the Killer**
3.00 **World's Most Evil Killers**
4.00 **The Force: Manchester**
5.00 **to 6.00** AM **Brit Cops: Frontline Crime UK**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours of the Scottish Islands**
8.40 **The World After Stonehenge**
1.00 PM **Grand Tours of the Scottish Islands**
1.40 **The World After Stonehenge**
6.10 **Hunting the KGB Killers** The inside story of the murder of Alexander Litvinenko.
7.20 **Symbols of Evil** Exploring five examples of harmless symbols that have been turned into dangerous propaganda tools.
8.30 **Trump's Comeback** Examining Donald Trump's return to political prominence.
9.35 **The Rise of RFK Jr** The dramatic and controversial rise of Robert F Kennedy Jr.
12.00 M'T **Trump's Comeback**
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

SUNDAY

Sunday

Sky Nature

145 113/114 189 354 369

6.00 AM **Colombia's Wild Coast**
8.00 **Dawn to Dusk**
10.00 **Rewilding**
1.00 PM **Living Beach**
3.00 **Shark with Steve Backshall**
6.00 **Extraordinary Animals** New edition A look at how some animals adopt questionable behaviours in a daring attempt to survive.
7.00 **Secret World of Sound with David Attenborough** The ways that animals use sound. **8.00** A focus on mating calls and warning signals. **9.00** Investigating how baby animals communicate in their quest for survival.
10.00 **Loons: A Cry from the Mist** Documentary following a year in the life of Canada's most iconic bird, the common loon.
11.00 **A Bee's Diary** Documentary.
12.00 M'T **Extraordinary Animals**
1.00 AM **Volcanic Odysseys**
3.00 **Boss Shark**
4.00 **Boss Shark: Battle of the Sexes**
5.00 **to 6.00** AM **Mysteries of Evolution**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Iconic Combat Machines**
10.00 **Soviet Storm: WWII in the East**
11.00 **Digging for Britain**
1.00 PM **Britain's Most Historic Towns** The history of Dover.
2.00 **Ancient Aliens** Double bill.
4.00 **World War Weird**
6.00 **Digging Up Britain's Past**
7.00 **Britain's Most Historic Towns** Exploring the history of Oxford during the Civil War, when the city became a power base for the Royalist forces.
8.00 **What on Earth?** A satellite image reveals a lost jungle in the heart of Africa.
9.00 **American Godfathers: The Five Families** Recounting the early development of the American Mafia in New York City and their evolution through the Prohibition era to the 1950s.
11.00 **Ancient Aliens** Double bill.
1.00 AM **Evil Encounters**
2.00 **Discovered by Disaster**
3.00 **World War Weird**
5.00 **to 6.00** AM **Full Custom Garage**

Discovery Science

167 148 179

8.00 AM **Blowing Up History**
10.00 **How It's Made**
12.00 NOON **How It's Made: Dream Cars** Four editions.
2.00 PM **Incredible Engineering Blunders: Fixed**
4.00 **Truth Behind the Moon Landing** Double bill of editions.
6.00 **How It's Made** How objects including Formula F cars made. **6.30** How objects including vacuum excavators are made. **7.00** The creation of electric boats and fencing foils. **7.30** The technology behind the manufacture of Grammy Awards.
8.00 **Mysteries of the Deep** The mystery surrounding an infamous stretch of water. **9.00** The loss of a NASA space capsule deep in the Atlantic.
10.00 **Blowing Up History**
12.00 M'T **How the Universe Works**
2.00 AM **NASA's Unexplained Files**
4.00 **to 6.00** AM **How It's Made: Dream Cars**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **Murdertown** Double bill.
8.00 **Nightmare in Suburbia**
10.00 **When Missing Turns to Murder**
12.00 NOON **Judge Rinder**
2.00 PM **Murder Detective**
4.00 **Accused: Did I Do It?** Four editions, including at: **6.00** A man is killed after a collision with a young mother. **7.00** A man faces 100 years in prison for domestic terrorism.
8.00 **Homicide Squad: New Orleans** Investigating a case of homicide and abduction.
9.00 **Cold Case Files** New edition Police officers urgently seek the killer of a shopkeeper. **10.00** The longest-running cold case of a law enforcement officer in the United States. **11.00** The death of a patient from a home for the impaired.
12.00 M'T **Killed Without a Trace**
1.00 AM **Cold Case Files**
2.00 **Somebody's Hiding Something**
4.00 **to 6.00** AM **I Knew My Murderer**

+1hour 256 333

WILD

165 145/133 182

8.00 AM **The Incredible Dr Pol**
10.00 **Investigation Shark Attack**
12.00 NOON **Legends of Venom**
2.00 PM **Ten Deadliest Snakes with Nigel Marven** Double bill.
4.00 **Secrets of the Zoo**
6.00 **Heartland Docs**
7.00 **Extraordinary Australia** 1/2. How Australia's creatures survive in diverse habitats. **8.00** 2/2. High stakes battles between predator and prey in a range of bountiful habitats across Australia's coastline.
9.00 **Wild Mediterranean** 1/2. Following predators and prey who are battling for survival in the Mediterranean mountains and valleys as a hot summer and icy winter take their toll. **10.00** 2/2. A wealth of wildlife, including some of the world's most remarkable survivors, call the serene waters along the Mediterranean coastline home.
11.00 **Snakes in the City**
12.00 M'T **Lawless Island**
2.00 AM **Fish Tank Kings**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 147 181

7.00 AM **Shed and Buried**
9.00 **Treasure Quest: Snake Island**
12.00 NOON **Combat Dealers**
3.00 PM **World's Greatest Motorcycle Rides**
6.00 **Blowing Up History** Experts investigate the buried secrets of the lost city of Kish, Iraq. **7.00** Experts gain access to investigate lost tombs and forgotten rituals. **8.00** The construction of iconic megastructures created by bygone civilisations.
9.00 **Salvage Hunters: The Restorers** Upholsterer Craig tries to restore a Robert Dawes reclining library chair, while Alex takes on a big project with a pair of marquetry tables. **10.00** Blacksmith Nev attempts an unconventional redesign on an ejection seat. **11.00** Sculptor Nick and gilder Ruth team up to restore a very expensive antique table.
12.00 M'T **Shed and Buried**
2.00 **to 5.00** AM **Combat Dealers**

+1hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **Joanna Lumley's Japan**
10.00 **Joanna Lumley's Trans-Siberian Adventure**
1.00 PM **David Attenborough's Natural Curiosities**
1.30 **Joanna Lumley's Japan**
2.30 **Joanna Lumley's Trans-Siberian Adventure**
5.35 **David Attenborough's Natural Curiosities** Animal hybrids.
6.05 **Joanna Lumley's Japan**
7.05 **Joanna Lumley's Trans-Siberian Adventure** Triple bill of editions, including at: **9.05** 3/3. Joanna returns to the place where she was photographed in 1966.
10.05 **David Attenborough's Natural Curiosities** The animal kingdom's bizarre hybrids.
10.35 **Joanna Lumley's Japan**
11.35 **Joanna Lumley's Trans-Siberian Adventure**
2.35 AM **David Attenborough's Natural Curiosities**
3.05 **Railway Murders**
5.35 **to 6.00** AM **My Kind of Town**

+1hour 266 376

ID

154 140 166

8.00 AM **Forbidden: Dying for Love**
10.00 **Still a Mystery**
12.00 NOON **Murder Under the Friday Night Lights**
2.00 PM **Disappeared**
4.00 **Murder Comes to Town**
6.00 **Murder in the Heartland** The death of a young grocery clerk. **7.00** The murders of Phillip Brewer and Jody Fortuna.
8.00 **On the Case with Paula Zahn** How a young woman's personalised license plate made her the target for murder.
9.00 **Fatal Destination** A teen's spring break takes a dark turn when she vanishes into the night.
10.00 **The Real Murders on Elm Street** When a husband discovers his wife and two children murdered, police suspect the killer is someone they have arrested before.
11.00 **Evil Lives Here**
12.00 M'T **Toxic** Double bill.
2.00 AM **American Monster**
4.00 **to 6.00** AM **People Magazine Investigates**

+1hour 254 366

Discovery Turbo

161/172 146 180

7.00 AM **World's Greatest Motorcycle Rides**
10.00 **FourWheeler** Double bill.
11.00 **G.A.S. Extreme Customs**
12.00 NOON **Roadworthy Rescues**
5.00 PM **Shed and Buried** Henry and Sam discover Norton motorbikes and Italian mopeds. **5.30** Henry and Sam search for treasures in Hertfordshire. **6.00** Obscure agricultural implement in the Cotswolds. **6.30** Henry and Sam uncover treasures in West Sussex.
7.00 **Wheeler Dealers** Mike and Elvis try to make an Audi RS6 estate faster than a sports car. **8.00** Mike and Elvis take a gamble on a TVR Griffith. **9.00** Mike tracks down a rare 2001 Audi S4 Avant. **10.00** Mike works on a 2002 Mercedes Benz E55 AMG. **11.00** Mike finds a BMW six-cylinder modern classic. **12.00** M'T As 7.00pm.
1.00 **to 4.00** AM **World's Greatest Motorcycle Rides**

+1hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.25 AM **PREMIERE Xeno** (2025)
8.15 **Smurfs** (2025, PG) ★★
10.00 **Borderline** (2025, 15) ★★★
11.45 **Nuremberg** Legal thriller. (2025, 15, 148min) ★★★★★
2.15 PM **The Ballad of Wallis Island** Comedy. (2025, 12) ★★★★
4.00 **Smurfs** (2025, PG) ★★
5.35 **Super Charlie** Family animation. (2024, PG, 82min)
7.05 **PREMIERE Xeno** Fantasy adventure. (2025, 15, 103min) ★★★ *See review, page 23.*

7.05 Xeno

PREMIERE Xeno (film started at 7.05pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **The Toxic Avenger** Horror comedy starring Peter Dinklage. A horrible toxic accident transforms a downtrodden janitor into a new evolution of hero. With Taylour Paige and Kevin Bacon. (2023, 18, 102min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 **28 Years Later** Horror thriller sequel starring Jodie Comer and Aaron Taylor-Johnson. (2025, 15, 115min) ★★★★
1.00 AM **Friendship** Comedy starring Paul Rudd, Tim Robinson and Kate Mara. (2025, 15, 101min) ★★★★
2.50 **Cookster: The Darkest Days** Crime drama starring Craige Middleburg. (2024, 15, 119min)
5.00 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Brit Hits

303 303 403 503 517

6.00 AM **Oliver!** Vintage musical. (1968, U, 146min) ★★★★★
8.30 **The BFG** (2016, PG) ★★★★
10.30 **The Golden Compass** Fantasy. (2007, PG, 109min) ★★★
12.30 PM **The Secret Garden** Drama. (2020, PG, 99min) ★★★★
2.15 **Bridget Jones's Diary** Comedy. (2001, 15, 96min) ★★★★
3.55 **Bridget Jones: The Edge of Reason** (2004, 15) ★★★
5.55 **Bridget Jones's Baby** Comedy sequel. (2016, 15, 123min) ★★★

10.10 About a Boy

8.00 **Bridget Jones: Mad About the Boy** Romantic comedy sequel starring Renée Zellweger. Recently widowed Bridget enters the dating game once again, caught between her son's science teacher and a younger man. (2024, 15, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **About a Boy** Comedy drama based on the novel by Nick Hornby, starring Hugh Grant, Nicholas Hoult, Toni Collette and Rachel Weisz. (2002, 12, 101min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Paul Dood's Deadly Lunch Break** Comedy thriller. (2021, 15, 95min) ★★
1.40 AM **The Ballad of Wallis Island** Offbeat comedy. (2025, 12, 100min) ★★★★
3.35 **Sky Cinema Preview**
4.35 **to 6.20** AM **Babylon** Drama. (1980, 15, 94min) ★★★

Sky Cinema Drama

310 310 410 510 524

6.50 AM **Drift** Drama with Cynthia Erivo. (2023, 15, 93min) ★★★★
8.30 **Poison** As shown at 2.50am.
10.10 **The Good Half** Comedy drama. (2023, 15, 96min) ★★★
11.50 **Black Dog** Chinese drama. Subtitled. (2024, 12) ★★★
1.45 PM **Joker: Folie à Deux** Musical sequel. (2024, 15) ★★★★
4.05 **Legends of the Fall** Drama. (1994, 15, 133min) ★★★★
6.20 **The Damned United** Sports biopic starring Michael Sheen. (2009, 15, 98min) ★★★★
8.00 **Six Minutes to Midnight** Thriller with Judi Dench, James D'Arcy and Jim Broadbent. (2020, 12, 99min) ★★★
9.45 **Lost in Translation** Romantic comedy drama starring Bill Murray and Scarlett Johansson. A jaded Hollywood actor and a young woman strike up a tender friendship in a Tokyo hotel. (2003, 15, 102min) ★★★★★
11.30 **The Brutalist** Epic drama starring Adrien Brody. (2024, 18, 215min) ★★★★★
2.50 AM **Poison** Drama with Tim Roth. (2024, PG, 86min) ★★★★
4.25 **to 6.45** AM **American Sniper** Biopic starring Bradley Cooper. (2014, 15, 127min) ★★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

7.00 AM **Die Alone** Zombie horror. (2024, 15, 91min) ★★★★
8.35 **Arcadian** Horror thriller. (2024, 15, 92min) ★★★★
10.10 **Sick** Horror. (2022, 18) ★★★
11.40 **A.I. Artificial Intelligence** Steven Spielberg's sci-fi fantasy. (2001, 12, 145min) ★★★★
2.05 PM **If You Were the Last** Sci-fi comedy with Anthony Mackie. (2023, 15, 92min) ★★★★
3.40 **Mickey 17** Sci-fi comedy starring Robert Pattinson. (2024, 15, 137min) ★★★
6.00 **Blade: Trinity** Adventure sequel starring Wesley Snipes, Ryan Reynolds and Jessica Biel. (2004, 15, 113min) ★★★
8.00 **2012** Disaster movie with John Cusack and Chiwetel Ejiofor. (2009, 12, 158min) ★★★
10.50 **Hannibal** Horror sequel to *The Silence of the Lambs*, starring Anthony Hopkins and Julianne Moore. (2001, 18, 131min) ★★★
1.05 AM **From Dusk Till Dawn** Horror starring George Clooney. (1995, 18, 108min) ★★★★
2.55 **The Exorcist** Occult horror chiller starring Max von Sydow. (1973, 18, 121min) ★★★★★
5.10 **to 6.05** AM **Sky Cinema Preview**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

7.05 AM **The Cat in the Hat** Fantasy. (2003, PG, 82min) ★★★★
8.30 **The Last Airbender** (2010)
10.25 **E.T. The Extra Terrestrial** Fantasy. (1982, U) ★★★★★
12.30 PM **IF** Fantasy adventure. (2024, U, 104min) ★★★
2.30 **Babe** Family comedy drama. (1995, U, 92min) ★★★★★
4.15 **Look Who's Talking** Comedy. (1989, 12, 96min) ★★★
6.00 **A Minecraft Movie** Fantasy. (2025, PG, 101min) ★★★

6.00 A Minecraft Movie

7.50 **Look Who's Talking Too** Comedy sequel starring Kirstie Alley and John Travolta. Baby Mikey finds himself with a new sister. (1990, 12, 77min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.20 **Spy Kids 3: Game Over** Sci-fi adventure sequel starring Daryl Sabara. A teen agent gets caught inside a video game. (2003, U, 84min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

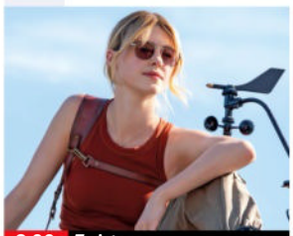
10.55 **Friend or Foe** Drama starring John Bardon. In wartime Britain, child evacuees encounter an injured German pilot. (1981, U, 70min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Breaking Point** Drama. (2023, 12, 102min) ★★★
2.05 **The Last Airbender** Fantasy. (2010, PG, 103min) ★★
3.55 **The Mountain** Comedy. (2024, PG, 89min) ★★★★
5.35 **to 7.30** AM **Save the Cinema** Drama. (2021, 12) ★★★

Sky Cinema Action

307 307 407 507 521

6.25 AM **Cinema List: Bingeable**
6.45 **Long Gone Heroes** (2024)
8.30 **Venom: The Last Dance** Fantasy. (2024, 15) ★★★
10.30 **The Matrix** Sci-fi thriller. (1999, 15, 136min) ★★★★
12.50 PM **The Matrix Reloaded** Sci-fi action thriller sequel. (2003, 15, 137min) ★★★★
3.10 **The Matrix Revolutions** Sci-fi sequel. (2003, 15) ★★★
5.30 **The Matrix: Resurrections** Sci-fi sequel. (2021, 15) ★★★



8.00 Twisters

8.00 **Twisters** Standalone disaster drama sequel starring Daisy Edgar-Jones and Glen Powell. A meteorologist crosses paths with a storm-chasing social media star in Oklahoma. With Anthony Ramos. (2024, 12, 122min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **The Fall Guy** Action comedy starring Ryan Gosling and Emily Blunt. A down-and-out stuntman sets out to find the missing star of his ex-girlfriend's blockbuster. (2023, 12, 126min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **300** Epic adventure. (2006, 15, 116min) ★★★★
2.25 **Last Action Hero** Fantasy. (1993, 15, 130min) ★★★
4.40 **Sky Cinema Preview**
5.30 **to 7.20** AM **Long Gone Heroes** Action thriller. (2024, 15, 101min) ★★★

Sky Cinema Comedy

308 308 408 508 522

7.35 AM **Kangaroo Jack** Comedy. (2003, PG, 89min) ★
9.15 **Role Models** Comedy. (2008, 15, 99min) ★★★★
11.00 **Disaster Movie** (2008, 12) ★
12.30 PM **Trading Places** Comedy. (1983, 15, 116min) ★★★★★
2.30 **Alfie** Comedy drama remake. (2004, 15, 106min) ★★★
4.20 **Sleepless in Seattle** Comedy. (1993, PG, 105min) ★★★★★
6.10 **School of Rock** Comedy. (2003, PG, 109min) ★★★★

10.00 Ted

8.00 **White Chicks** Slapstick comedy starring Shawn and Marlon Wayans. Two black FBI agents dress up as white heiress sisters in order to catch a serial kidnapper and get in their boss's good books. With Brittany Daniel. (2004, 15, 109min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Ted** Offbeat comedy starring Mark Wahlberg. A 35-year-old Boston slacker's best friend is the stuffed teddy bear who magically came to life when he was a boy. (2012, 15, 106min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Ted 2** Offbeat comedy sequel. (2015, 15, 112min) ★★★
1.50 AM **It's Complicated** Comedy. (2009, 15, 115min) ★★★★
3.55 **Alfie** Comedy drama. (1966, 15, 114min) ★★★★
5.50 **to 7.25** AM **Wayne's World** Comedy starring Mike Myers. (1992, PG, 95min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

6.00 AM **Greedy People** Comedy thriller. (2024, 15) ★★★★
8.00 **Split** Thriller. (2016, 15) ★★★
10.00 **Collateral** Crime thriller. (2004, 15, 120min) ★★★★
12.10 PM **The Bourne Identity** Spy thriller. (2002, 12) ★★★★★
2.15 **Drop** Thriller with Meghann Fahy. (2025, 15, 95min) ★★★★
4.00 **The Bikeriders** Crime drama. (2023, 15, 116min) ★★★★
6.00 **Nightcrawler** Crime thriller. (2014, 15, 115min) ★★★★

10.00 A Clockwork Orange

8.00 **The Bourne Supremacy** Spy thriller sequel based on the novel by Robert Ludlum, starring Matt Damon. A former CIA assassin tries to discover why his enemies want to kill him. With Franka Potente. (2004, 12, 108min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

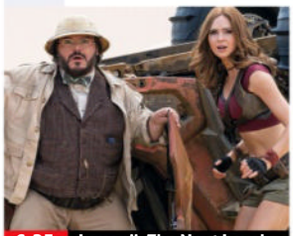
10.00 **A Clockwork Orange** Director Stanley Kubrick's futuristic satire based on the classic novel by Anthony Burgess, starring Malcolm McDowell. (1971, 18, 136min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Oldboy** South Korean revenge thriller starring Choi Min-sik. Subtitled. (2003, 18, 120min) ★★★★
2.20 **The Saint** Big-screen version of the cult 1960s TV series. (1997, 12, 116min) ★★★
4.20 **to 6.10** AM **Amongst the Wolves** Crime thriller. (2024, 15, 102min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Home Alone 3** Comedy sequel. (1997, PG, 102min) ★
1.15 PM **Steel Magnolias** Comedy drama starring Sally Field. (1989, PG, 115min) ★★★★
3.45 **Journey to the Centre of the Earth** Fantasy adventure. (1959, U, 132min) ★★★
6.35 **Jumanji: The Next Level** Fantasy adventure sequel with Karen Gillan and Jack Black. (2019, 12, 123min) ★★★★



6.35 Jumanji: The Next Level

Jumanji: The Next Level (film started at 6.35pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Kingsman: The Secret Service** Action comedy based on a comic book, starring Colin Firth and Taron Egerton. A streetwise teenager is given the opportunity to work with a super-secret spy organisation. (2015, 15, 128min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.40 **Never Grow Old** Western starring Emile Hirsch. An Irish undertaker profits when outlaws take over a peaceful American frontier town, but his family come under threat. (2019, 15, 120min) ★★★★
1.40 **to 3.55** AM **Walk Like a Panther** Comedy with Stephen Graham and Jason Flemyng. (2018, 12, 108min) ★★★

11 PM

+1hour 314 430 47 301 257

Sky Cinema Feel Good

302 302 402 502 516

6.40 AM **Dumb and Dumber** (1994)
8.40 **One of Them Days** Comedy. (2025, 15, 97min) ★★★
10.20 **Back to the Future** Fantasy. (1985, PG, 115min) ★★★★★
12.20 PM **The Fall Guy** Comedy. (2023, 12, 126min) ★★★★
2.30 **Big Daddy** Comedy. (1999, 12, 95min) ★★★
4.10 **Galaxy Quest** Sci-fi comedy. (1999, PG, 102min) ★★★★

6.00 **Ted** Offbeat comedy starring Mark Wahlberg and Mila Kunis. (2012, 15, 106min) ★★★★
8.00 **Ted 2** Comedy sequel starring Mark Wahlberg and featuring the voice of Seth MacFarlane. (2015, 15, 112min) ★★★
10.00 **Dumb and Dumber** Comedy starring Jim Carrey, Jeff Daniels and Lauren Holly. Two nerdy friends embark on a frantic cross-country journey to return a beautiful woman's briefcase. (1994, 12, 107min) ★★★

11.50 **The 40-Year-Old Virgin** Comedy. (2005, 15, 116min) ★★★★
1.50 AM **Superbad** Teen comedy. (2007, 15, 113min) ★★★★
3.45 **Napoleon Dynamite** Comedy. (2004, PG, 95min) ★★★★
5.20 **to 7.20** AM **Blended** Romantic comedy. (2014, 12, 117min) ★★

Sky Cinema Greats

304 304 404 504 518

7.25 AM **Three Days of the Condor** Thriller. (1975, 15, 118min) ★★★★
9.25 **Shenandoah** Vintage Western. (1965, PG, 101min) ★★★★
11.25 **Batman** Comic-book adventure. (1989, 15, 121min) ★★★★
1.35 PM **Batman Returns** Comic-book adventure. (1992, 12, 121min) ★★★★
3.45 **Batman Forever** Adventure. (1995, 12, 121min) ★★★

5.50 **Batman & Robin** Adventure. (1997, PG, 125min) ★★
8.00 **Last Action Hero** Action fantasy starring Arnold Schwarzenegger. A magic cinema ticket transports a young movie fan into the on-screen action. (1993, 15, 130min) ★★★
10.15 **The Godfather** Francis Ford Coppola's classic gangster saga of a Mafia family engaged in bloody war with rival crime families. Stars Marlon Brando. (1971, 15, 167min) ★★★★★

1.15 AM **The Godfather Part II** Epic gangster drama sequel. (1974, 18, 200min) ★★★★★
4.35 **The Cinema List: Black British Actors**
4.55 **to 7.45** AM **The Godfather Part III** Gangster drama sequel. (1990, 15, 162min) ★★★★

Sky Cinema Animation

305 305 412 500 514

7.25 AM **Scoob!** Animated comedy. (2020, PG, 93min) ★★★
9.10 **Rango** Animated Western spoof. (2011, PG, 103min) ★★★★
11.00 **The Garfield Movie** Animation. (2023, U, 101min) ★★★
12.45 PM **Flushed Away** Animation. (2006, U, 85min) ★★★★
2.20 **Penguins of Madagascar** Animated comedy adventure. (2014, U, 88min) ★★★★

4.00 **The Boss Baby** Animated comedy. (2017, U, 97min) ★★★
5.50 **Despicable Me 4** Animated sequel. (2024, U, 94min) ★★★
7.35 **Bon Voyage, Charlie Brown** Animation. (1980, U, 70min) ★★
9.05 **Into the Wonderwoods** Animated family adventure. (2024, U, 81min) ★★★
10.45 **Boonie Bears: Guardian Code** Animated adventure sequel. (2023, PG, 96min) ★★★
12.30 AM **Mavka: The Forest Song** Animation. (2023, PG) ★★

2.20 **The Inseparables** Animation. (2023, U, 90min) ★★★
4.00 **The Canterville Ghost** Animated family adventure. (2023, PG, 89min) ★★
5.40 **to 7.15** AM **Batman Unlimited: Monster Mayhem** Animation. (2015, PG, 76min) ★★★

Movies 24

312 313 419

7.00 AM **A Fabled Holiday** Romantic fantasy. (2022, PG, 90min) ★★
9.00 **Planning for Joy** Romantic comedy. (2022, PG, 86min) ★★
11.00 **Love in Wolf Creek** Romantic drama. (2022, PG, 85min) ★★
1.00 PM **3 Bed, 2 Bath, 1 Ghost** Comedy. (2023, PG, 84min) ★★
3.00 **PREMIERE** **Haul Out the Halloween** Comedy with Lacey Chabert. (2025, PG, 84min) ★★

5.00 **Fashionably in Love** Romantic comedy. (2023, PG, 87min) ★★
7.00 **Mystery Island: House Rules** Crime drama starring Elizabeth Henstridge and Charlie Weber. (2024, PG, 84min) ★★
9.00 **Mystery Island: Play for Keeps** Crime drama starring Elizabeth Henstridge and Charlie Weber. A corporate retreat at the luxury resort results in a murder and a woman being confronted with memories from her past. (2025, PG, 90min) ★★

11.00 **A Playful Love** Romantic comedy. (2022, PG, 84min) ★★
1.00 AM **Love on Retreat** Romantic drama. (2023, PG, 85min) ★★
3.00 **to 5.00** AM **A Priceless Love** Drama. (2022, PG, 85min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **The Mysterious Mr Nicholson** (1947, b/w, PG) ★★
7.30 **Ambush in Leopard Street** Drama. (1962, b/w, PG) ★★
8.40 **The Black Knight** Arthurian adventure. (1954, U, 85min) ★
10.25 **The Beverly Hillbillies** (S2)
10.55 **Shipwrecked** Adventure. (1991, U, 93min) ★★
12.45 PM **Batman** 48/60. (S2)
1.15 **Jane Eyre** Period drama.

3.30 **Give Us a Clue** Game show.
4.00 **The Man from UNCLE** (S1)
5.00 **The Footage Detectives**
6.00 **Moment of Indiscretion** Drama. (1958, b/w, U, 71min) ★★
7.20 **Look at Life** Documentary.
7.30 **The Vise** 34/39. (S1)
8.00 **Memories of Making Sergeant Cork** The studio and sets.
8.05 **Sergeant Cork** 1/13. (S3)
9.10 **She Played with Fire** Drama. (1957, b/w, PG, 95min) ★★
11.05 **The Heritage Chart Show**
12.10 AM **Look at Life** Documentary.

12.25 **Hunting Venus** Comedy.
2.25 **The Blob** (1958, 12) ★★★
4.05 **Bournemouth Fire Brigade in the 60s** Short film.
4.30 **The Adventures of Robin Hood**
5.00 **The Buccaneers** 4/39. (S1)
5.30 **to 6.00** AM **The Adventures of William Tell**

Sunday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **LIVE DP World Tour Golf** Coverage of the featured groups on day four of the Hero Dubai Desert Classic from Emirates Golf Club in the United Arab Emirates.
7.00 **LIVE DP World Tour Golf** Further coverage of the fourth and final day of the Hero Dubai Desert Classic from Emirates Golf Club in the United Arab Emirates.
1.00 PM **LIVE Super Sunday Newcastle United v Aston Villa.** The Premier League match held at St James' Park. The teams drew 0-0 when they met at Villa Park on the opening weekend of the season. Kick-off **2.00pm**.
4.00 **LIVE Super Sunday Arsenal v Manchester United.** Coverage of the Premier League match staged at the Emirates Stadium. Kick-off **4.30pm**.
7.30 **LIVE NFL** Coverage of the NFC Championship game, as the teams compete for a place in Super Bowl LX in two weeks' time.
11.30 **LIVE NFL** The AFC Championship game, as the teams compete for a place in Super Bowl LX.
3.00 to 6.00 AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **Premier League Stories**
6.30 **The Big Interview**
7.00 **Premier League Highlights**
9.00 **The Sunday Supplement**
11.00 **Super Sunday Matchday**
12.30 PM **LIVE Super Sunday Crystal Palace v Chelsea.** The Premier League match from Selhurst Park. Kick-off **2.00pm**.
4.25 **LIVE Super Sunday Arsenal v Manchester United.** Coverage of the Premier League encounter from the Emirates Stadium. These two teams last met at the start of the season with the Gunners taking all three points from Old Trafford thanks to Riccardo Calafiori's 13th-minute goal. Kick-off **4.30pm**.
7.30 **Super Sunday: Extra Time**
8.30 **Transfer 360**
9.00 **Premier League Stories**
9.30 **SNF** Bournemouth v Liverpool.
10.00 **Premier League Highlights** Brentford v Nottingham Forest. **10.30** Highlights from Newcastle United v Aston Villa. **11.00** Crystal Palace v Chelsea.
11.30 **Premier League Highlights**
3.00 AM **PL Greatest Games**
4.00 to 6.00 AM **PL Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL Highlights**
11.00 **LIVE WSL** **London City Lionesses v Manchester City.** Coverage of the top-flight match staged at Copperjax Community Stadium in Bromley. Kick-off **11.55am**.
2.30 PM **LIVE SPFL** **Hearts v Celtic.** Coverage of the Scottish Premiership match staged at Tynecastle. Hearts won the first two meetings between the sides this term, prevailing 3-1 here in October and 2-1 at Celtic Park in December, but the Bhoys will expect to end the season strongly under the stewardship of Martin O'Neill. Kick-off **3.00pm**.
6.00 **EFL Highlights** Championship.
7.00 **EFL League One Goals**
7.30 **EFL League Two Goals**
8.00 **EFL Highlights**
9.30 **WSL** Action from London City Lionesses v Manchester City.
10.00 **EFL Highlights** Championship.
11.00 **SPFL Highlights**
11.15 **EFL Greatest Games**
12.00 M'T **Championship Retro**
2.00 AM **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.30 to 6.00 AM **EFL Trophy**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **Big Bash League**
8.00 **LIVE Big Bash League** Coverage of the final of the Australian T20 competition, as the winners of the Qualifier and Challenger face each other at a venue to be confirmed. Hobart Hurricanes defeated Sydney Thunder by seven wickets in last season's showpiece match.
11.45 **Best of ICC WT20**
12.00 NOON **SA20** Highlights.
1.00 PM **LIVE SA20** Coverage of the final, which sees the winners of Qualifier One and Qualifier Two face each other at Newlands.
4.30 **Best of England v South Africa**
4.45 **Best of ICC WT20**
5.00 **SA20** Qualifier Two play-off.
6.00 **Big Bash League**
7.00 **SA20** Highlights of the final.
8.00 **Big Bash League**
9.00 **SA20** Highlights of the final.
10.00 **Big Bash League**
1.20 AM **Best of Jimmy Anderson**
1.30 **Best of England v South Africa**
1.45 **Best of ICC WT20**
2.00 **SA20** A replay of the final.
5.20 **Best of Jimmy Anderson**
5.30 **Best of England v South Africa**
5.45 to 6.00 AM **Best of ICC WT20**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **LIVE DP World Tour Golf** Coverage of the featured groups on day four of the Hero Dubai Desert Classic from Emirates Golf Club in the United Arab Emirates.
7.00 **LIVE DP World Tour Golf** Further coverage of the fourth and final day of the Hero Dubai Desert Classic from Emirates Golf Club in the United Arab Emirates.
1.00 PM **Nick Dougherty's Tee Time Tips** From Wentworth Club.
1.30 **PGA Tour Golf** Highlights.
3.30 **DP World Tour Golf**
4.30 **LIVE PGA Tour Golf** Coverage of day four of the American Express from the Pete Dye Stadium Course at La Quinta.
12.00 M'T **DP World Tour Golf**
1.00 AM **How the 2014 Ryder Cup Was Won** Archive action.
3.00 **DP World Tour Golf**
3.30 **PGA Tour Golf** Highlights.
4.30 **The Players Championship Official Film** From 2025.
5.30 to 6.00 AM **Roots**

TNT Sports 1

410 413 521 408 430

6.00 AM **LIVE Australian Open** Day eight staged at Melbourne Park.
8.30 **LIVE Alpine Skiing** From Spindleruv Mlyn, Czech Republic.
10.00 **LIVE World Rally Championship** The Rallye Monte Carlo special stage 16.
10.45 **TNT Sports Cricket Reload**
11.00 **LIVE Alpine Skiing** From Spindleruv Mlyn, Czech Republic.
12.15 PM **ODI Cricket** Highlights.
1.15 **LIVE International T20 Cricket** **India v New Zealand.** Coverage of the third T20 from ACA Stadium in Guwahati.
5.15 **Cricket** Highlights and features.
6.30 **Serie A** Inter Milan v Pisa.
7.30 **LIVE Serie A** **AS Roma v AC Milan.** Coverage of the Italian top-flight match from Stadio Olimpico. Kick-off **7.45pm**.
9.45 **UEFA Champions League**
10.15 **UEFA Europa League & Conference League Magazine**
10.45 **UEFA Champions League**
11.00 **International T20 Cricket**
12.00 M'T **World Rally Championship**
12.30 to 6.00 AM **LIVE Australian Open** Coverage of the ninth day staged at Melbourne Park.

TNT Sports 2

411 414 522 409 431

6.00 AM **LIVE Isuzu UTE A-League** **Western Sydney Wanderers v Perth Glory.** Kick-off **6.00am**.
8.00 **Colin McRae: 25 Years a Champion** A celebration.
8.30 **LIVE World Rally Championship** The Rallye Monte Carlo special stage 15.
9.30 **LIVE Alpine Skiing** In Austria.
11.00 **UEFA Champions League**
11.30 **UEFA Europa League & Conference League Magazine**
12.00 NOON **TNT Sports Reload**
12.15 PM **LIVE Alpine Skiing** Austria.
1.30 **The Monuments**
2.00 **LIVE Biathlon** In Nove Mesto.
3.15 **The Monuments**
4.45 **TNT Sports Reload**
5.00 **LIVE Biathlon** In Nove Mesto.
6.00 **The Monuments**
6.30 **European Football**
7.30 **Isuzu UTE A-League**
8.30 **Australian Open**
10.00 **Classic Premier League**
11.00 **SailGP Highlights**
12.00 M'T **Cyclocross** In Hoogerheide.
1.00 AM **Football** Highlights.
3.00 **One-Day International Cricket**
4.00 **World Rally Championship**
4.30 to 6.00 AM **Ultimate Pool**

Sky Sports NFL

412 410 517 507 426 446

6.00 AM **NFL Highlights**
12.00 NOON **NFL Highlights** Action from New England Patriots v Houston Texans. **1.00** PM Highlights from Chicago Bears v Los Angeles Rams.
2.00 **NFL Gameday** All the latest news and build-up to a busy day of play-off action from the 2025 NFL postseason, with discussion and analysis of all the latest talking points.
7.30 **LIVE NFL** Coverage of the NFC Championship game, as the teams compete for a place in Super Bowl LX in two weeks' time. Philadelphia Eagles claimed an emphatic 55-23 victory over Washington Commanders in last season's corresponding contest, and they went on to win the Super Bowl.
11.30 **LIVE NFL** Coverage of the AFC Championship game, as the teams compete for a place in Super Bowl LX in two weeks' time. Kansas City Chiefs edged past Buffalo Bills 32-29 at this stage last season to reach the Super Bowl for the third successive season.
3.00 AM **NFL Bitesize Highlights**
4.00 to 6.00 AM **NFL Highlights**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **Sky Sports Catch Up**
7.00 **Goals on Sunday** A review of Saturday's football action, featuring goals and a look at the back pages of the Sunday papers.
9.00 **The Sunday Supplement**
11.00 **LIVE WSL** Simultaneous coverage of today's matches in the Women's Super League. Kick-offs are at **11.55am**.
1.55 PM **LIVE Premier League** **Brentford v Nottingham Forest.** Coverage of the Premier League match at the Gtech Community Stadium. Forest claimed a 3-1 win over Brentford at the City Ground on the opening weekend of the season, but Brentford will be hopeful of revenge, having enjoyed a much stronger campaign than their opponents since then. Kick-off **2.00pm**.
4.30 **Sports Sunday**
7.30 **Super Sunday: Extra Time** Jamie Carragher provides instant reaction and analysis to the day's Premier League action.
8.30 **Sky Sports Catch Up** The biggest stories hitting the headlines.
12.00 M'T **to 6.00** AM **Sky Sports Catch Up**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **ATP/WTA Tour Classics**
10.00 **Djokovic Top 10**
6.00 PM **Djokovic Top 10** Novak Djokovic v Carlos Alcaraz in the 2023 Cincinnati Open final. **7.00** Novak Djokovic v Daniil Medvedev at the 2023 US Open. **8.00** Novak Djokovic v Hubert Hurkacz at the 2025 Geneva Open.
9.00 **Best of the US Open 2025** Coco Gauff v Ajla Tomljanovic. **10.00** Jan-Lennard Struff v Frances Tiafoe in the third round.
11.00 PM **to 6.00** AM **Best of the US Open 2025**

Sky Sports Mix

416 412 510 429 449

6.00 AM **SA20** Eliminator play-off.
7.00 **NFL Bitesize Highlights**
7.15 **LIVE ICC Under-19s World Cup Cricket** Coverage of a Super Six match from Namibia Cricket Ground, Windhoek, where the winners of Group A face the third-placed team in Group D.
3.00 PM **NFL Bitesize Highlights**
3.30 **Best of England v South Africa**
3.45 **Best of ICC WT20**
4.00 **NFL Highlights**
5.00 **Best of England v South Africa**
5.15 **Best of ICC WT20**
5.30 **NFL Bitesize Highlights**
6.00 **ATP Tennis** Adelaide Open final.
7.00 **Spirit of Yachting**
7.30 **NFL Bitesize Highlights** Kansas City Chiefs v Baltimore Ravens. **7.45** Action from Los Angeles Chargers v Philadelphia Eagles.
8.00 **Big Bash League** Highlights.
12.00 M'T **DP World Tour Golf**
2.00 AM **PDC Classics**
3.00 **SA20** Highlights of the final.
4.00 to 6.00 AM **DP World Tour Golf**

TNT Sports 3

413 415 523 410 432

6.00 AM **LIVE Australian Open** Coverage of day eight of the opening Grand Slam event of the season, featuring fourth-round matches at Melbourne Park.
1.30 PM **UEFA Champions League Magazine** News and action.
2.00 **The Gallagher PREM**
3.00 **LIVE World Ski Flying Championship** The team race from Oberstdorf in Germany.
5.00 **The Gallagher PREM**
6.00 **Australian Open** Day eight.
7.30 **Ski Jumping** In Sapporo, Japan.
8.00 **Alpine Skiing** Highlights.
10.00 **World Rally Championship** The third day of the Rallye Monte Carlo.
10.30 **The Breakdown**
11.00 **Australian Open** Highlights from day eight at Melbourne Park.
12.30 **to 6.00** AM **LIVE Australian Open** Coverage of day nine of the opening Grand Slam event of the season, featuring fourth-round games at Melbourne Park.

TNT Sports 4

414 416 524 411 434

6.00 AM **LIVE Australian Open** Coverage of day eight of the opening Grand Slam event of the season, featuring fourth-round matches at Melbourne Park.
10.30 **TNT Sports Reload**
11.00 **Serie A** Inter Milan v Pisa.
12.00 NOON **LIVE World Rally Championship** The Rallye Monte Carlo special stage 17.
2.00 PM **LIVE Cyclocross** The men's World Cup in Hoogerheide.
3.30 **Ultimate Pool** Recent action.
5.00 **UEFA Champions League Highlights Show**
7.00 **UEFA Europa League & Conference League Highlights**
8.00 **Cyclocross** In Hoogerheide.
9.00 **The Gallagher PREM**
12.00 M'T **Roll the Tape**
12.30 **to 6.00** AM **LIVE Australian Open** Coverage of day nine of the opening Grand Slam event of the season, featuring fourth-round games at Melbourne Park.

Premier Sports 1

419 551

6.00 AM **Sporting Greats**
6.30 **Top 14 Rugby Union**
12.25 PM **Sporting Countdowns**
12.55 **LIVE LaLiga** **Atletico Madrid v Mallorca.**
3.00 **LaLiga Match Highlights**
3.10 **LIVE LaLiga** Barcelona v Real Oviedo. From Spotify Camp Nou. K-o **3.15pm**.
5.15 **LaLiga Match Highlights**
5.25 **LIVE LaLiga** Real Sociedad v Celta Vigo.
7.30 **LaLiga Match Highlights**
7.55 **LIVE LaLiga** Alaves v Real Betis. From Mendizorrotza. Kick-off **8.00pm**.
10.00 **Sporting Countdowns**
10.30 **NHL Specials**
11.00 **LIVE NHL Ice Hockey** **Vancouver Canucks v Pittsburgh Penguins.** From Rogers Arena. Face-off **11.00pm**.
2.00 AM **NHL: This is Hockey**
3.00 **Top 14 Rugby Union**
5.00 to 6.00 AM **Sporting Greats**

Premier Sports 2

420 552

6.00 AM **Football's Greatest**
7.00 **NHL Ice Hockey**
9.00 **LaLiga Match Highlights**
9.10 **Eredivisie** Ajax v Volendam.
11.10 **LIVE Eredivisie** **Sportclub Telstar v AZ Alkmaar.** The Dutch top-flight match from BUKO stadium. Kick-off **11.15am**.
1.15 PM **LaLiga Match Highlights**
1.30 **NHL on the Fly**
2.30 **United Rugby Championship**
6.30 **LIVE NHL Ice Hockey** **Toronto Maple Leafs v Colorado Avalanche.** The inter-conference match at Scotiabank Arena. Face-off is at **6.30pm**.
9.30 **LIVE Argentine Primera Division** **Boca Juniors v Deportivo Riestra.** The top-flight match from Alberto Jose Armando Stadium. Kick-off **9.30pm**.
11.30 **Temples of Sport**
12.00 M'T **United Rugby Championship**
2.00 to 6.00 AM **Eredivisie**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **The Best of F1 2025**
8.00 **2025 F1 Season Review**
10.00 **Jochen Rindt: Uncrowned Champion**
11.00 **Willy T. Ribbs Motorsport's Black Pioneer**
12.00 NOON **Williams & Mansell**
2.00 PM **Jackie Stewart**
4.00 **Villeneuve Pironi: Racing's Untold Tragedy**
6.00 **Hill** A profile of Damon Hill.
7.45 **Toleman Story**
8.30 **Williams & Mansell: Red 5**
10.30 **Jackie Stewart** Documentary.
12.30 AM **Lewis Hamilton: Why Heritage Matters**
1.00 to 6.00 AM **The Best of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Monday

26 January

Evening Planner

Reality

Chateau DIY: Win the Dream

C4, 5pm

Twelve pairs of contestants compete to win the prize of their own French chateau.

Travelogue

Clive Myrie's African Adventure

BBC2, 6.30pm (box set, BBC iPlayer)

The newsreader explores the diverse cultures of Africa. Continues all week.

Crime Drama

Lynley

BBC1, 8.30pm

A murder has links to the Church and possible police corruption, putting the detective (Leo Suter) in a tricky position.

Fantasy Drama

A Knight of the Seven Kingdoms

Sky Atlantic, 9pm

Ser Duncan has to prove he is his former master's heir, as the fantasy continues.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Panorama	8.30 Lynley			10.00 News; Local News	10.40 Industry
	102 BBC2	7.00 Global Eye	7.30 Celebrity...	8.00 Only Connect	8.30 University...	9.00 Film: One Life			
	103 ITV1	‹ 6.30 News	7.30 Fletchers'...	8.00 Emmerdale	8.30 Coronation...	9.00 After the Flood		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Jamie's Feasts for a Fiver		9.00 Celebrity SAS: Who Dares Wins		10.00 Gogglebox	
	105 5	7.00 Motorway Cops: Catching Britain's...		8.00 Police Interceptors		9.00 Forensics: Crash Scene Investigators		10.00 Inside the Force 24/7	
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 Whale with Steve Backshall		9.00 Film: The Bourne Ultimatum			
ENTERTAINMENT	115 BBC3	7.05 SpongeBob...	7.30 Deadly 60	8.00 Top Gear		9.00 The Traitors Ireland			
	116 BBC4	7.00 Wild China		8.00 Art of Persia		9.00 Call My Bluff	9.30 Face the Music	10.00 Horizon: Tim Peake Special – How to...	
	118 ITV2	7.00 Deal or No Deal		8.00 The Real Housewives of Orange County		9.00 Love Island: All Stars		10.05 The 1% Club	
	136 MORE4	‹ 6.55 Car S.O.S.	7.55 The Dog House			9.00 Our Farm Next Door: Amanda, Clive...		10.00 Supercruising: Life at Sea	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 First Dates		9.00 Gogglebox		10.00 Naked Attraction	
	107 SKY WITNESS	7.00 Police 24/7		8.00 Law & Order: Criminal Intent		9.00 Blue Bloods		10.00 The Equalizer	
	108 SKY ATLANTIC	‹ 6.50 Game of Thrones				9.00 A Knight of the Seven...	9.40 The Last of Us		
	110 U&GOLD		7.20 Dad's Army	8.00 The Vicar of Dibley				10.00 Men Behaving Badly	10.40 Vicar...
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got 2021 News for You	
	119 ITV3	‹ 6.50 Heartbeat		8.00 Midsomer Murders				10.00 Foyle's War	
	120 ITV4	7.00 American Pickers		8.00 The Motorbike Show		9.00 Film: Terminator 2: Judgment Day			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Out of Order		10.00 Jack Whitehall Live	
	152 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate SG-1		9.00 Film: Post Impact			
	113 SKY MAX		7.15 Stargate SG-1		8.15 Never Mind the Buzzcocks	9.00 A League of Their Own: Mexican...		10.00 An Idiot Abroad	
	109 U&ALIBI	7.00 Miss Fisher's Murder Mysteries		8.00 Death in Paradise				10.00 Father Brown	
	124 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 André Rieu: Happy Days Are Here Again					
	132 U&W	7.00 My Kitchen Rules: New Zealand			8.30 Inside the...	9.00 Pete Wicks: For Dogs' Sake		10.00 The Supervet: Noel Fitzpatrick	
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers		8.00 Scrapyard Dynasty		9.00 Secrets Underground		10.00 Expedition Unknown	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Mountain Monsters		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Car S.O.S.				10.00 Dutch Caribbean Coastguards	
	123 SKY HISTORY	7.00 Forged in Fire Armed Forces...		8.00 American Pickers		9.00 Gold Wars Downunder		10.00 Hells Angels: Kingdom Come	
	155 U&YESTERDAY	7.00 Great Canal Journeys		8.00 Sacred Rivers with Simon Reeve		9.00 Cornwall with Simon Reeve		10.00 Bangers & Cash	
	121 SKY DOCS	‹ 6.55 Telemarketers		8.00 Murder at the Post Office		9.00 Death of a Showjumper			
FILMS – Sky Cinema	301 PREMIERE	‹ 5.45 Borderline	7.30 28 Years Later				9.30 The Toxic Avenger		
	302 FEEL GOOD	‹ 6.00 Miss Congeniality 2: Armed and...		8.00 The 40-Year-Old Virgin				10.00 Superbad	
	303 BRIT HITS	‹ 6.10 Mamma Mia!		8.00 Mamma Mia! Here We Go Again				10.00 Alfie	
	304 GREATS	‹ 6.10 Dumb and Dumber		8.00 In & Out			9.35 The Golden Child		
	305 ANIMATION	‹ 5.50 The Garfield Movie	7.45 Rock Dog				9.25 Rock Dog 2: Rock Around the Park		
	306 FAMILY	‹ 6.00 Lemony Snicket's A Series of...	7.55 Look Who's Talking Now				9.40 Sonic the Hedgehog 3		
	307 ACTION	‹ 6.15 Venom: Let There Be Carnage		8.00 The Mummy: Tomb of the Dragon Emperor				10.05 Justice League	
	308 COMEDY	‹ 6.15 Jackass Presents: Bad Grandpa		8.00 Jackass Presents: Bad Grandpa .5			9.30 Beetlejuice Beetlejuice		
	309 THRILLER	‹ 6.10 The Bourne Supremacy		8.00 The Bourne Ultimatum				10.05 The Saint	
	310 DRAMA	‹ 5.55 Birdy		8.00 The Post				10.05 Turtles All the Way Down	
	311 SCI-FI	‹ 5.45 Battleship		8.00 Nosferatu					10.15 Pacific Rim
	313 FILM4	‹ 6.45 Gemini Man				9.00 Polite Society			
SPORT	401 MAIN EVENT	‹ 6.30 MNF – Live: Everton v Leeds United (Kick-off 8.00)							
	402 PREMIER LEAGUE	‹ 6.30 MNF – Live: Everton v Leeds United (Kick-off 8.00)							
	403 FOOTBALL	‹ 6.30 Bundesliga...	7.30 EFL – Live: Norwich City v Coventry City (Kick-off 8.00)						10.30 Bundesliga...
	405 CRICKET	7.00 SA20		8.00 WPL					
	410 TNT SPORTS 1	7.00 German Masters Snooker – Live: Further coverage from the first day of the tournament						10.00 Fight Week	10.30 T20 Cricket...
	411 TNT SPORTS 2	7.00 German Masters Snooker – Live: Further coverage from the first day of the tournament						10.00 The Muddy...	10.30 The Gallagher...

‹ Denotes programmes starting before 7.00pm † Regions vary

MONDAY

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Monday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Rip Off Britain** (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition (S)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Lost and Found in the Lakes** New edition A wedding ring. (S)
2.30 **Marcus Wareing Simply Provence** The chef explores the secrets of simple seasonal French food. (S)(R)
3.00 **Escape to the Country** New edition In Cambridgeshire. (S)
3.45 **The Travelling Auctioneers** (S)(R)
4.30 **NEW SERIES Antiques Road Trip** 1/15. A trip around Cornwall. (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

7.30 EastEnders

7 PM

7.00 The One Show Alex Jones and Roman Kemp present the topical show. (S)

7.30 EastEnders The Mitchells demand answers, Jasmine comes up with a new plan, and George faces a difficult conversation. (S)(AD)

8 PM

8.00 Panorama: Post Office – Who's to Blame? Andy Verity investigates who may have been responsible for the Post Office scandal. (S)

8.30 Lynley Series finale *With No-One as a Witness:* 4/4. DI Lynley and DS Havers are assigned to investigate the murder of two drug dealers who have died months apart but with similar signs of torture. *See feature, page 12.* (S1) (S)(AD)
■ Entire series on BBC iPlayer

9 PM

10 PM

10.00 BBC News (S)
10.30 Local News (S)
10.40 Industry New episode *Habseligkeiten:* 3/8. Harper and Eric pitch to investors to launch their short-only fund, while Yasmin, Henry and Whitney head to Vienna where the lines between business and pleasure become blurred. (S4) (S)(AD)
11.40 The Traitors Ireland 3/12. A shocking turn of events brings with it a tsunami of unrest and desperation. (S)(R)
12.40 AM 4/12. The players embark on a mission that tests their powers of deception. (S)(R)
1.40 Weather for the Week Ahead Seven-day forecast. (S)
1.45 to 6.00 AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.05 AM **Bargain Hunt** (S)(R)(AD)
6.50 **Sign Zone: Antiques Roadshow**
7.50 **Match of the Day** (S)(R)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Impossible** Quiz show. (S)(R)
1.45 **Brainbox Challenge** Quiz. (S)(R)
2.15 **The Boss** Quiz show. (S)(R)
3.00 **The Vintage French Farmhouse**
3.45 **Who Do You Think You Are? USA**
4.15 **Earth's Greatest Spectacles** (S)(R)
5.15 **Flog It!** From Somerset. (S)(R)
6.00 **Richard Osman's House of Games** New edition With Tasha Ghouri, Jon Kay, Griff Rhys Jones and Alexandra Mardell. (S)
6.30 **NEW SERIES Clive Myrie's African Adventure** 1/10. Clive begins a journey around the continent in Soweto. *See feature, page 20.* (S)
■ Entire series on BBC iPlayer

8.00 Only Connect

7.00 Global Eye Featuring investigations from BBC correspondents across the world. (S)

7.30 Celebrity Mastermind Series finale With Stuart Pearce, Gemma Cairney, Axel Blake and Phil Dunning. (S)

8.00 Only Connect Series finale Victoria Coren Mitchell asks the questions in the final of the quiz show. (S)

8.30 University Challenge New edition Darwin College, Cambridge, take on Sheffield in the third quarter-final. (S)

9.00 FILM One Life Fact-based drama starring Anthony Hopkins and Johnny Flynn. Months before World War Two, a young London stockbroker attempts to rescue hundreds of predominantly Jewish children from Nazi-occupied Czechoslovakia. With Lena Olin, Helena Bonham Carter and Romola Garai. (S) (AD) (2023, 12, 100min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

10.40 Newsnight (S)

11.15 What We Do in the Shadows New episodes 4/11. Laszlo and Colin help neighbour Sean find a job with the railway company at which they claim to work. (S)(AD)
11.40 5/11. The vampires are sent on a mission to New Hampshire to retrieve Nandor. (S6) (S)(AD)
12.05 AM **Sign Zone: Countryfile** (S)(R)
1.00 **Sign Zone: Question Time** (S)(R)
2.00 **Sign Zone: Waterloo Road** (S)(R)
3.00 **Sign Zone: Lifeline** (S)(R)(AD)
3.10 **to 6.00** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
9.30 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** New edition David Dickinson and his team head to Nottingham, where Jan Keyne takes a shine to a precious stone. (S)(AD)
3.00 **Time Is Money** New edition Quiz show hosted by Sara Davies. (S)
4.00 **Deal or No Deal** New edition Stephen Mulhern hosts as contestant Becca tries to open the 22 red boxes in the right order. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

9.00 After the Flood

7.30 Fletchers' Family Farm Emotions run high as the family host their first public event, while Marnie explains the importance of animal husbandry as she cares for orphaned lamb Aga. (S)(R)(AD)

8.00 Emmerdale Paddy receives news that gives him some hope. (S)(AD)

8.30 Coronation Street Sam grows suspicious of Will and Megan's relationship, while Kit reunites Summer with lost treasure. (S)(AD)

9.00 After the Flood New episode 4/6. Jo and Sam find themselves with two surprising suspects in custody, while the pressure mounts on Mackie when he makes a discovery that turns everything on its head. (S2) (S)(AD)

10.00 ITV News (S)
10.30 Local News (S)
10.45 The Murder of Ashley Wadsworth: Social Media Murders 1/4. The story of 19-year-old Canadian Ashley Wadsworth, who was killed by her English boyfriend Jack Sepple in February 2022. (S)(R)(AD)
11.35 It'll Be Alright on the Night Broadcast bloopers featuring Idris Elba, Paul Rudd, Alan Carr and Gemma Collins. (S)(R)(AD)
12.00 M'T **Teleshopping**
3.00 AM **Mel Giedroyc and Martin Clunes Explore Britain by the Book** (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Deal or No Deal** (S)(R)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** (S6&7) (S)(R)
7.50 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 5-8/24. (S10) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Car S.O.S** (S)(R)(AD)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** New edition In Spain, two publicans put everything on the line. (S)
5.00 **NEW SERIES Chateau DIY: Win the Dream** Max McMurdo hosts a renovation challenge, with contestants competing for the chance to run their very own historic French property. (S)(AD)
6.00 **A Place in the Sun** New edition A mother and daughter look for a holiday home in Lanzarote. (S)

9.00 Celebrity SAS: Who Dares Wins

7.00 News (S)

8.00 Jamie's Feasts for a Fiver New edition Jamie Oliver prepares a Thai traybake, and invites chef and restaurateur Gulu Anand to reveal how using spices in his Punjabi masala chicken elevates the simplest ingredients. (S)(AD)

9.00 Celebrity SAS: Who Dares Wins Series finale 8/8. It's the final day and just five recruits remain. They endure a 12-hour interrogation, facing intense personalised questions designed to break their resolve. (S)(AD)

10.00 Gogglebox The armchair critics share their opinions on shows including *Britain's Got Talent, Married at First Sight Australia, The Au Pair, Chess Masters: The Endgame* and *This Morning*. (S)(R)(AD)

11.00 Celebrity Gogglebox (S)(R)(AD)
12.05 AM **Taskmasterclass** (S)(SL)(R)
1.00 **Celebrity SAS: Who Dares Wins** A punishing ascent. (S)(SL)(R)(AD)
1.55 **Arctic Adventure: Ultimate Survival** (S)(SL)(R)(AD)
2.50 **Ramsay's Kitchen Nightmares USA** From California. (S)(SL)(R)
3.40 **Kirstie and Phil's Love It or List It** From Cambridgeshire. (S)(SL)(R)
4.35 **Hollyoaks Omnibus** (S)(SL)(R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Topical discussion. (S)
3.00 **The Madame Blanc Mysteries** *Fashion:* 4/6. A designer falls from the balcony in a near-fatal plunge. (S3) (S)(R)(AD)
4.00 **Bargain-Loving Brits in the Sun** New edition Mike and Yvonne, who share their thrifty food adventures online, are on a mission to lose weight. (S)
5.00 **News** (S)
6.00 **The Motorway** The North East Control Team are called to deal with a serious accident on the M18 near Doncaster. (S)(R)
6.55 **News** (S)

9.00 Forensics Crash Scene...

7.00 **Motorway Cops: Catching Britain's Speeders** PC Martain Anderson tracks down a disqualified driver with a big reputation for being anti-police. (S)(R)
7.55 **News** (S)

8.00 **Police Interceptors** New edition An officer's vehicle is rammed twice by a 4x4 at a fast-food drive-through, while police respond to reports of a man breaking windows at a busy town centre bar. (S)

9.00 NEW SERIES **Forensics: Crash Scene Investigators** Return of the documentary following the work of police forensic collision investigators, beginning with the case of an 81-year-old cyclist knocked down by a speeding car. (S)

10.00 **Inside the Force 24/7** PCs Jordan Vasey and James Boyd Bell are called to a suspected domestic incident, but upon arrival the suspect is struggling to breathe and in need of medical help having taken cocaine. (S)(R)

11.05 **Traffic Cops** Six units from two police forces try to stop a suspected cloned van. (S)(R)
12.05 AM **Police Interceptors** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **World's Most Scenic Railway Journeys** Peak District. (S)(R)
3.50 **Susan Calman's Grand Week by the Sea** (S)(R)
4.35 **The Highland Vet** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate SG-1** (S6) (S)(R)
11.00 **Pride Rules** (S)(R)
12.00 NOON **The Flash** (S8) (S)(R)
1.00 PM **Hawaii Five-0** (S9) (S)(R)
3.00 **S.W.A.T.** 4/18. (S4) (S)(R)(AD)
4.00 **NCIS: Los Angeles** (S13) (S)(R)
5.00 **The Simpsons** *The Tell-Tale Pants:* Marge secretly spends a windfall on herself. (S)(R) **5.30** *Cremains of the Day:* Homer, Lenny, Carl and Moe embark on a road trip. (S)(R)
6.00 **The Office (US)** 2/6. Michael holds a seminar on racial sensitivity. (S)(R) **6.30** 3/6. Dwight takes on the task of reorganising Dunder Mifflin's health plan. (S1) (S)(R)

8.00 Whale with Steve Backshall

7.00 **The Simpsons** *The Tipping Point:* Homer flips out when tipping culture begins to get out of hand across Springfield. (S)(R) **7.30** *Bart's Brain:* Bart finds someone that resonates with him on a deeper level. (S)(R)

8.00 **Whale with Steve Backshall** 3/4. Whales that face the longest migratory journeys, including a female southern right whale that has travelled to the waters off Argentina to give birth. (S)(R)(AD)

9.00 FILM **The Bourne Ultimatum** Spy thriller sequel starring Matt Damon. Former CIA assassin Jason Bourne strives to outsmart cops, killers and his former bosses in his quest to discover his true identity. With Julia Stiles, David Strathairn, Joan Allen and Paddy Considine. (S) (2007, 12, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.10 **The Essex Murders: Who Killed Goldfinger?** 2/3. The search for John Palmer's killer leads to Tenerife, where he built a timeshare empire. (S)(R)
12.05 AM **Curb Your Enthusiasm** 7&8/10. Double bill. (S7) (S)(R)
1.15 **The Force: North East** (S)(R)
2.10 **Road Wars** (S)(R)
3.00 **S.W.A.T.** 4/18. (S)(R)(AD)
4.00 **NCIS: Los Angeles** (S13) (S)(R)
5.00 **to 6.00** AM **Highway Patrol** (R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
6.55-7.00pm Party Political Broadcast (S)(R) **11.40** Sportscene: SWPL Highlights (S) **12.10am** Scotcast (S)(R) **12.40** The Traitors Ireland (S)(R) **2.30** Weather for the Week Ahead (S) **2.35-6.00am** BBC News (S)
N. IRELAND
Sky 966, Virgin 863, Freesat 966
8.00-8.30pm House of the Year New edition (S) **10.40** The Traitors Ireland (S)(R) **11.30** The Traitors Ireland (S)(R) **12.30am** Panorama: Post Office: Who's to Blame? (S) **1.05-6.00am** BBC News (S)
WALES
Sky 965, Virgin 864, Freesat 965
7.00-7.30pm Bear Grylls: Wild Reckoning New edition (S) **11.40** Scrum V Highlights (S)(R) **12.10am** The Traitors Ireland (S)(R) **2.00-6.00am** BBC News

BBC2

N. IRELAND
Sky 969, Freesat 969
11.15pm Titanic Sinks Tonight (S)(R) **12.15am** What We Do in the Shadows New episodes (S)(AD) **1.05-2.00am** Sign Zone: Countryfile (S)(SL)(R)
WALES
Sky 968, Freesat 968
7.00pm The One Show (S) **7.30-8.00pm** Scrum V Highlights (S)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Cais Quinnell **12.30** Heno **1.00** Iaith ar Daith (AD) **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Cyfrinachau'r Llyfrgell **4.00** Awr Fawr **5.00** Stwnsh **6.00** Cartrefi Cymru **6.30** Rownd a Rownd (AD) **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Gwlad y Basg: Gwilym Bowen Rhys Series finale **8.25** Sgwrs Dan y Lloer **8.55** Newyddion a'r Tywydd **9.00** Ffermio New edition **9.33** Y Tywydd **9.35** Ralio+ **10.05** Sgorio **10.35** Y Cyfweliad **11.10pm-12.15am** Troseddau Cymru Gyda Sian Lloyd (AD)

TV&Satellite week
New issue on sale tomorrow

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **SpongeBob SquarePants** SpongeBob and Sandy go on a mission to collect Krabby Patty ingredients. **7.15** The Krusty Krab runs out of mustard.
7.30 **Deadly 60** Steve Backshall gets up close to a great white shark in South Africa.
8.00 **Top Gear** Comedian Jack Whitehall sets a lap time in the Reasonably Priced Car.
9.00 **The Traitors Ireland** New editions 3/12. A shocking turn of events brings with it a tsunami of unrest and desperation. **10.00** 4/12. The players go on a mission that tests ethics and powers of deception.
11.00 FILM **Election** Satirical dark comedy starring Matthew Broderick and Reese Witherspoon. (1999, 15, 103min) ★★★★
12.40 AM **Things You Should Have Done** 1-3/6. (S2)
2.10 **Top Gear** As 8.00pm.
3.10 **to 3.55** AM **The Beauty Queen and the Catfish**

MORE4

136/137 127 147 18 124 15

8.55 AM **Strangers on a Plane**
9.30 **Find It, Fix It, Flog It**
10.25 **A Place in the Sun**
11.30 **Come Dine with Me**
2.10 PM **Four in a Bed**
4.50 **A Place in the Sun** Jasmine Harman helps a couple who hope to retire to Benalmadena in Spain.
5.55 **Car S.O.S** Fuzz Townshend and Tim Shaw restore a 1987 MG Metro 6R4 rally car.
6.55 **Car S.O.S** Tim and Fuzz are in Wolverhampton to take on a 1980 Jaguar XJ-S V12.
7.55 **The Dog House** Margot the collie needs an owner who will ensure that her active mind stays busy, while hiker Katherine would like a dog that can keep up with her. The pair unite to see how they get on.
9.00 **Our Farm Next Door: Amanda, Clive and Kids** New edition Sid and Amanda inspect a vital bridge that has collapsed on the track up to Anty John's.
10.00 **Supercruising: Life at Sea** 8/8. The MS *Nieuw Statendam* sails across North Africa and Europe.
11.05 **24 Hours in A&E**
12.10 AM **Our Farm Next Door: Amanda, Clive and Kids**
1.10 **24 Hours in A&E**
2.15 **Emergency Helicopter Medics** Documentary.
3.20 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 347 125

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Wild China** A look at the creatures inhabiting the Yunnan Province.
8.00 **Art of Persia** How Iran preserved its distinctive language and culture despite the Arab conquest of Persia.
9.00 **Call My Bluff** With Jenny Agutter, Tim Rice, Sinead Cusack and Nigel Dempster.
9.30 **Face the Music** With guests Camilla Jessel, Robin Ray and Edward Boyle.
10.00 **Horizon: Tim Peake Special – How to Be an Astronaut** A video diary filmed over two years by astronaut Tim Peake, who became the first British astronaut to board the International Space Station.
11.00 **8 Days: To the Moon and Back** Documentary about the Apollo 11 mission.
12.30 AM **Horizon: Man in Space** A look at the experiences of astronauts.
1.10 **Face the Music**
1.40 **Horizon: Tim Peake Special – How to Be an...**
2.40 **to 3.40** AM **Art of Persia**

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Junior Bake Off**
8.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Goldbergs**
10.00 **Modern Family**
11.00 **Ramsay's Kitchen Nightmares USA**
1.00 PM **Brooklyn Nine-Nine**
2.00 **The Simpsons**
3.00 **The Goldbergs**
4.00 **Modern Family**
5.00 **Brooklyn Nine-Nine**
6.00 **The Simpsons** Double bill.
7.00 **Hollyoaks** Mercedes is given the chance to get her life back on track.
7.30 **The Simpsons** *The Colour Yellow:* Lisa investigates her ancestry for a school project.
8.00 **First Dates** Mum-and-son duo Andrea and Stephan enter the restaurant looking for love on a double date.
9.00 **Gogglebox** Opinions on *Britain's Got Talent*, *Baby Reindeer*, *Red Eye*, *Love Triangle* and *In with a Shout*.
10.00 **Naked Attraction** A 20-year-old virgin hopes to find a fairy-tale princess.
11.05 **Open House: The Great Sex Experiment**
12.05 AM **Gogglebox**
1.10 **First Dates**
2.10 **Gogglebox**
4.00 **The Goldbergs**
4.50 **to 6.00** AM **Don't Tell the Bride**

+1 hr 235/236 306 30 123 256

MONDAY Entertainment

Monday

Sky Witness

107 107 110 341 356

6.00 AM **Nothing to Declare**
8.00 **Border Patrol**
9.00 **Send in the Dogs**
10.00 **Border Security: Canada's Front Line** Double bill.
11.00 **A1: Britain's Longest Road**
12.00 NOON **FBI** 21/22. (S4)
1.00 PM **The Rookie** 5/22. Lucy helps Tim in his time of need.
2.00 6/22. Nolan and Celina investigate a cash deposit linked to an old case. (S5)
3.00 **Watson** 1/13. Mystery drama starring Morris Chestnut. (S1)
4.00 **Nothing to Declare**

9.00 Blue Bloods

7 PM

7.00 Police 24/7 A traffic stop leads to suspects unsuccessfully trying to dispose of evidence.

8 PM

8.00 Law & Order: Criminal Intent *Contract:* 12/22. An arrogant gossip columnist is found murdered. (S7)

9 PM

9.00 Blue Bloods *Entitlement:* 17/18. Eddie and Badillo assist a man whose home was taken over by Jamie's informant. (S14)

10 PM

10.00 The Equalizer *Judgement Day:* 3/10. McCall tries to help an escaped prisoner who has been wrongly accused of murder. (S1)
11.00 **The Rookie** 14/14. (S3)
12.00 M'T **FBI** 21/22. (S4)
1.00 AM **Law & Order: Criminal Intent** 8/22. (S7)
2.00 **Law & Order: Organized Crime** 11/13. (S4)
3.00 **Road Wars** Double bill.
5.00 **to 6.00** AM **Send in the Dogs**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Urban Secrets**
7.00 **Richard E Grant's Hotel Secrets** Hotels in Berlin.
8.00 **Boardwalk Empire** (S3)
10.10 **The Sopranos** 5&6/13. (S3)
12.20 PM **Game of Thrones** (S4)
2.30 **The Wire** 5&6/12. (S3)
4.40 **Westworld** 6/10. Elsie gets closer to uncovering the truth about Delos. (S2)
5.45 **Deadwood** As 10.45pm.
6.50 **Game of Thrones** 1/10. Jon Snow finds himself on trial at Castle Black, and Arya runs into a familiar face. (S4)

9.00 A Knight of the Seven...

7.55 Game of Thrones *The Lion and the Rose:* 2/10. The day of King Joffrey's wedding to Margaery Tyrell arrives, and Bran experiences a series of visions. (S4)

9.00 A Knight of the Seven Kingdoms New episode *Hard Salt Beef:* 2/6. Fantasy prequel. (S1)
9.40 The Last of Us *Through the Valley:* 2/7. The residents of Jackson Hole prepare for the worst. (S2)
10.45 Deadwood *Requiem for a Gleet:* 4/12. Swearengen needs surgery. (S2)
11.50 The Sopranos 5/13. Bobby 'Bacala' Baccalieri Sr comes out of retirement.
1.00 AM 6/13. Meadow's social life takes a turn. (S3)
2.05 **Game of Thrones** (S4)
4.10 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S9)
8.00 **The Flash** 15/20. (S8)
9.00 **Stargate SG-1** (S6)
11.00 **SEAL Team** 4/10. (S7)
12.00 NOON **The Flash** 16/20. (S8)
1.00 PM **Hawaii Five-0** (S9)
3.05 **S.W.A.T.** 4/18. (S4)
4.10 **NCIS: Los Angeles** 13/22. Sam dons his past undercover persona of Switch. (S13)
5.15 **SEAL Team** 3/10. The unit head to Thailand. (S7)
6.15 **Stargate SG-1** 17/22. Foreign ambassadors learn of the Stargate programme. (S6)

9.00 A League of Their Own

7.15 Stargate SG-1 *Forsaken:* 18/22. The team try to help a stranded ship's crew struggling for survival on a remote planet. (S6)

8.15 Never Mind the Buzzcocks With guests Nova Twins, Alex Brooker and Danny Jones.

9.00 A League of Their Own: Mexican Road Trip 3/6. The gang take MLS-style penalties in front of 60,000 fans.

10.00 An Idiot Abroad 5/8. Karl's journey continues in Egypt, where he tastes local delicacies and takes a boat ride down the Nile.
11.00 **Fear the Walking Dead** 1/16. The Clark family must work together to discover a path to safety. (S3)
12.00 M'T **The Force: North East**
1.00 AM **The Force: Manchester**
2.00 **Road Wars** Vehicle crime.
3.00 **S.W.A.T.** 4/18. (S4)
4.00 **NCIS: Los Angeles** (S13)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Celebrity Dinner Date**
8.30 **Olivia Marries Her Match**
9.25 **The Only Way Is Essex**
10.25 **Real Housewives of Miami**
11.15 **Real Housewives of Beverly Hills** Reality series.
12.10 PM **Dinner Date**
2.15 **The Only Way Is Essex**
3.15 **Real Housewives of Orange County** Reality series.
4.10 **Real Housewives of Miami**
5.00 **Real Housewives of Beverly Hills** Reality series.
6.00 **Celebrity Catchphrase**

10.05 The 1% Club

7.00 Deal or No Deal Stephen Mulhern hosts as Sonya takes on the Banker for the chance to win life-changing money.

8.00 The Real Housewives of Orange County Jenn demands answers about the background check on Ryan from Tamra.

9.00 Love Island: All Stars New edition Famous former Islanders are given another shot at finding the one.

10.05 The 1% Club Quiz show hosted by Lee Mack in which the questions are based around logic and common sense.
11.05 **Family Guy** 13&5/20. (S16)
12.05 AM **American Dad!** New episode 14/22. (S20)
12.35 **American Dad!** 13/22. (S13)
1.05 **Bob's Burgers** 11/22. (S12)
1.35 **Olivia Attwood's Bad Boyfriends** Reality show.
2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Never the Twain**
6.30 **On the Buses**
7.05 **Classic Emmerdale**
8.05 **Classic Coronation Street**
9.10 **Inspector Morse**
11.20 **Heartbeat** Double bill.
1.20 PM **Foyle's War** *Bleak Midwinter:* A woman is killed in an explosion in a factory.
3.30 **Classic Emmerdale**
4.05 **Classic Coronation Street**
5.45 **Heartbeat** *Wine and Roses:* Debbie Bellamy becomes a murder suspect after a body is found in the water.

10.00 Foyle's War

6.50 Heartbeat *This Happy Breed:* Miller's former Army captain turns up to offer him a business proposition.

8.00 Midsomer Murders *Who Killed Cock Robin?* A horse whisperer disappears in Newton Magna, bringing Barnaby face to face with a long-standing adversary. Guest stars Larry Lamb.

10.00 Foyle's War *Casualties of War:* The detective's god-daughter and her son – who is traumatised by a bombing at his school – come to stay. Guest stars Kate Fleetwood.
12.00 M'T **Trial & Retribution** 2/2. Walker takes Jonathan Southwood in for questioning, while Connor goes undercover at a private club. (S8)
1.30 **to 2.30** AM **The Larkins**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
2.00 PM **Sign Zone: Banjo and Ro's Grand Island Hotel**
2.30 **Sign Zone: Island Crossings** Documentary.
3.30 **Sign Zone: Eat the Town**
4.00 **This Is BBC Scotland**
7.00 **Reporting Scotland**
8.00 **The Repair Shop on the Road** New edition Dominic Chinea rescues a slide for a community centre in Dunblane.
8.45 **Beechgrove Repotted**
9.00 **The Women Who Changed Modern Scotland** Documentary.
10.00 **Banjo and Ro's Grand Island Hotel** New edition A storm closes in on Ulva.
10.30 **Two Doors Down** (S1)
11.00 **Scotcast** Topical debate.
11.30 PM **to 12.00** M'T **Situationships with Sophie and Christine**

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S2)
9.00 **Ballers** 9&10/10. (S3)
10.20 **Sex and the City** (S1)
11.30 **Entourage** (S2)
12.30 PM **Will & Grace** (S4)
1.30 **Sex and the City** (S1)
2.40 **Ballers** (S3&1)
3.50 **And Just Like That...**
4.45 **The Office (US)** (S1&2)
5.45 **Will & Grace** (S4)
6.45 **Community** (S4)
7.45 **Sex and the City** 3/12. Carrie has a run-in with a flasher.
8.20 4/12. Charlotte's boyfriend makes an unusual request. (S1)
9.00 NEW SERIES **Real Time with Bill Maher** A lively discussion on current events.
10.10 **And Just Like That...** *Bomb Cyclone:* 6/11. (S2)
11.05 **Community** (S4)
12.05 AM **Entourage** (S2)
1.05 **Ballers** 1&2/10. (S1)
2.15 **Curb Your Enthusiasm**
3.40 **to 5.00** AM **Silicon Valley**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **Riverdance 25th Anniversary Show**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **The Art of the Garden**
3.00 **Landscape Artist of the Year** In Westminster.
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **André Rieu: Happy Days Are Here Again** The violinist performs in the city of Maastricht.
11.00 **Mozart's Women: A Musical Journey**
12.30 AM **Lily and Lolly: The Forgotten Yeats Sisters**
2.00 **Statues Redressed**
4.00 **Landmark**
5.00 **to 6.00** AM **National Treasures: The Art of Collecting**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: Canada's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: Canada's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Stargate Atlantis** (S5)
5.00 **Stargate SG-1** (S2)
6.00 **Star Trek: Voyager** (S6)
7.00 **Star Trek: The Next Generation** *The Chase:* 20/26. Picard joins an expedition. (S6)
8.00 **Star Trek: Deep Space Nine** *Penumbra:* 17/26. Dax defies Sisko. (S7)
9.00 **FBI** 11&12/22. (S5)
11.00 **Grimm** 21/22. (S4)
12.00 M'T **Wynonna Earp** (S3)
1.00 AM **Caught on Dashcam**
2.00 **Brit Cops: Frontline Crime UK** Documentary.
3.00 **The Force: North East**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Quiz.
1.00 PM **Lingo** Game show.
2.00 **Tenable** Quiz show.
3.00 **Millionaire Hot Seat**
4.00 **Ridiculous** Quiz.
5.00 **Deal or No Deal**
6.00 **Lingo** Contestants from York, Sheffield and Solihull take part in the word-based quiz show.
7.00 Twin sisters from Stratford-upon-Avon, a married couple from South Shields and a mother-daughter duo from Burton-on-Trent compete in the quiz.
8.00 Three sets of friends from Falkirk, Derby and Milton Keynes take part.
9.00 **Millionaire Hot Seat** Jeremy Clarkson hosts the fast-paced quiz.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shepherd.
12.55 AM **Tenable** Quiz show.
1.50 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **American Pickers**
11.00 **Find It, Fix It, Flog It**
12.00 NOON **A Place in the Sun** Triple bill.
3.00 PM **Kirstie and Phil's Love It or List It: Brilliant Builds**
3.30 **Come Dine with Me**
6.00 **Kirstie and Phil's Love It or List It**
7.00 **Jamie's Feasts for a Fiver** Featuring a money-saving recipe for Italian-inspired Caprese chicken burgers.
8.00 **David Baddiel: Cat Man**
9.00 **24 Hours in A&E**
11.05 **24 Hours in Police Custody Investigates: Zombie Knives**
12.05 AM **In the Footsteps of Killers** Trevaline Evans.
1.05 **Rescue: Extreme Medics**
2.10 **8 Out of 10 Cats Does Countdown**
3.10 **Taskmasterclass**
4.05 **to 5.00** AM **Celebrity Gogglebox**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Big Match Revisited**
8.05 **Magnum, PI**
9.05 **Kojak**
10.10 **Boon**
11.20 **The Sweeney**
12.25 PM **Robin of Sherwood**
1.40 **Magnum, PI**
2.40 **Kojak**
3.45 **Boon**
4.50 **The Sweeney** *Queen's Pawn:* Regan persuades a villain to act as an informant.
5.55 **Minder** *You Lose Some, You Win Some:* A professional gambler enlists Arthur's help.

11.45 **Kill Bill: Vol 2**

7.00 **American Pickers** Mike and Frank ask the curators of the Museum of Natural Science to verify a dinosaur bone.

8.00 **The Motorbike Show** Henry Cole starts the Harley-Davidson restoration and rides an iconic Enfield Bullet.

9.00 **FILM Terminator 2: Judgment Day** Sci-fi action thriller sequel starring Arnold Schwarzenegger as a cyborg from the future that's been programmed to protect humanity's destined saviour. (1991, 15, 146min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

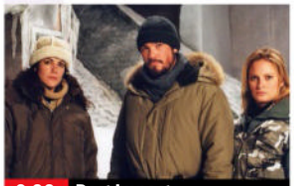
11.45 **FILM Kill Bill: Vol 2** Quentin Tarantino's action thriller sequel starring Uma Thurman. (2004, 18, 136min) ★★★
2.10 AM **Lost** 5/25. (S1)
3.00 **Teleshopping**
3.30 **to 4.00** AM **Motorsport Mundial**

+1 hour 220 318 118

Sky Sci-Fi

152 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 11/26. (S5)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 12/26. (S5)
2.00 **Blood & Treasure** (S2)
4.00 **Stargate SG-1** 22/22. (S1)
5.00 **Star Trek: Voyager** 4/16. (S1)
6.00 **Star Trek: The Next Generation** 11/26. A search and rescue team discover a young boy in the wreckage of a space vessel. (S5)



9.00 **Post Impact**

7.00 **Star Trek: Deep Space Nine** *The Begotten:* 12/26. Kira goes into labour, while Odo has baby problems of his own. (S5)

8.00 **Stargate SG-1** *Within the Serpent's Grasp:* 22/22. Part two of three. The team take an unauthorised trip through the gate. (S1)

9.00 **FILM Post Impact** Sci-fi adventure starring Dean Cain, Joanna Taylor and Bettina Zimmermann. A comet strikes the Earth and the explosion brings about a new ice age. (2003, 15, 91 min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 **Wynonna Earp** 3/12. The residents of Purgatory host a homecoming celebration. (S2)
12.00 M'T **Intergalactic** 8/8. The crew embark on the final leg of their journey to Arcadia. (S1)
1.00 AM **Blood & Treasure** (S2)
3.00 **Wynonna Earp** As 11.00pm.
4.00 **Intergalactic** As 12.00m't.
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S10)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 8/22. (S6)
11.00 **Hudson & Rex** As 5.00pm.
12.00 NOON **Miss Fisher's Murder Mysteries** 3/13. (S2)
1.00 PM **Death in Paradise** (S2)
2.00 **Murdoch Mysteries** (S10)
4.00 **The Mentalist** 8/22. (S6)
5.00 **Hudson & Rex** 6/20. The co-owner of a board game company is found dead. (S5)
6.00 **Father Brown** *The Quill of Osric:* A novelist is attacked at a crime-writing festival.

5.00 **Hudson & Rex**

7.00 **Miss Fisher's Murder Mysteries** *Dead Man's Chest:* 3/13. Phryne and Jack discover buried treasure. (S2)

8.00 **Death in Paradise** *A Deadly Party:* 8/8. The host of a charity fundraiser is shot dead in his study. (S2)

9.00 **Death in Paradise** *Lost Identity:* 5/8. Humphrey's Aunt Mary becomes caught up in a murder investigation. (S5)

10.00 **Father Brown** *The Serpent Within:* Sullivan's dream of leaving Kembleford is scuppered when he is arrested for receiving stolen goods.

11.00 **Father Brown** As 6.00pm.
12.00 M'T **So Help Me Todd** 16/21. A juror dies during Susan's first solo trial. (S1)
1.00 AM **Death in Paradise**
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.25 AM **Highlights**
9.20 **Are You Being Served?**
10.00 **Open All Hours**
10.40 **Keeping Up Appearances**
11.20 **Last of the Summer Wine**
12.40 PM **The Green Green Grass**
1.20 **Ever Decreasing Circles**
1.59 **The Thin Blue Line**
2.40 **Are You Being Served?**
3.20 **Open All Hours**
4.00 **Ever Decreasing Circles**
4.40 **Last of the Summer Wine**
6.00 **Keeping Up Appearances**
6.40 **Open All Hours**

6.00 **Keeping Up Appearances**

7.20 **Dad's Army** An enemy aircraft is forced to ditch in a reservoir near Walmington-on-Sea.

8.00 **The Vicar of Dibley** First episode. The of villagers of Dibley discover their new vicar is a woman. **8.35** The *Songs of Praise* crew visit Dibley. Guest starring Peter Capaldi. **9.20** Geraldine looks for a celebrity to open the autumn fair in style.

10.00 **Men Behaving Badly** Gary ponders fatherhood when Dorothy tells him she wants to start a family.
10.40 **The Vicar of Dibley** As shown at 8.00pm.
11.20 **The Vicar of Dibley** As shown at 8.35pm. **12.00** M'T As 9.20pm.
12.40 AM **Men Behaving Badly**
1.20 **The Vicar of Dibley**
3.15 **to 4.00** AM **Men Behaving Badly**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.35 AM **James May's Things You Need to Know** Chemistry.
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Guy Martin: Proper Jobs**
11.00 **Rick Stein's Road to Mexico**
12.00 NOON **Bangers & Cash**
2.00 PM **Robson's Extreme Fishing Challenge**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British** Britain's taste for exotic food.
6.00 **Rick Stein's Road to Mexico** Rick retraces his steps from northern California to Mexico.

11.00 **Taskmaster**

7.00 **Would I Lie to You?** With Amanda Abbington, Gareth Malone, Richard Osman and Phill Jupitus. **7 PM**
7.40 **Richard Osman's House of Games** With Charlie Baker and Val McDermid. **8.20** With Natasha Raskin Sharp, Faye Tozer, Eddie Kadi and Charlie Stayt. **8 PM**

9.00 **QI XL** Sandi Toksvig, Bill Bailey and Susan Calman join regular panellist Alan Davies and host Stephen Fry. **9 PM**

10.00 **Have I Got 2021 News for You** A compilation edition looking back at the big news of 2021. **10 PM**

11.00 **Taskmaster** With Alice Levine, Asim Chaudhry, Liza Tarbuck, Russell Howard and Tim Vine.
12.00 M'T **Mock the Week** With Angela Barnes, Ed Byrne, Rhys James and Nish Kumar.
12.40 AM **Would I Lie to You?**
2.00 **to 4.00** AM **Not Going Out**

+1 hour 211/212 327 74 259

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 16-18/23. (S1)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Heart Break:* 8/23. An ensign is arrested in connection with the death of a US Navy commander. **7.00** *Forced Entry:* 9/23. A Marine's wife kills an intruder, claiming he tried to rape her. **8.00** *Chained:* 10/23. Tony disappears during an undercover operation, while chained to a fellow inmate. (S2) **9.00** New episode *Foreign Bodies:* 2/20. As Vance prepares to host diplomatic talks with Venezuela, the team investigate the dead body of one of his men. (S22)
10.00 **Law & Order: Special Victims Unit** (S18)
1.50 AM **Blue Bloods** (S9)
3.35 **to 4.00** AM **Cops**

+1hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Shoplifters: Caught Red Handed**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Call the Bailiffs: Time to Pay Up**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **Ambulance: Code Red** Paramedic Jack attends the scene of a double stabbing in Birmingham.
10.00 **A&E After Dark** A patient refuses to leave A&E after his treatment.
11.00 **Skin A&E**
12.00 M'T **Cause of Death**
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.45 **Skin A&E**
3.35 **to 4.00** AM **Friends**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.10 **Winter Road Rescue**
9.40 **Police Interceptors**
11.45 **FILM A Reason to Live, A Reason to Die** Spaghetti Western. (1972, PG, 92min) ★★★
1.40 PM **FILM The Proud Rebel** Western drama with Alan Ladd. (1958, b/w, U, 108min) ★★★
4.00 **The Motorway**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** Inspector Anton Sullivan braces against the weather as he attends a major incident in Runcorn.
9.00 **Soldier: For King and Country** Documentary.
10.00 **Warship: Life at Sea**
11.00 **Banged Up Abroad**
12.00 M'T **Deadliest Weather: Caught on Camera**
1.05 AM **Ice Road Truckers**
2.05 **to 4.00** AM **Trucking Hell**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Australia** Culinary show.
7.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
7.00 **My Kitchen Rules: New Zealand** Culinary show.
8.30 **Inside the Ambulance**
9.00 **Pete Wicks: For Dogs' Sake** New edition Pete helps to rehabilitate a group of former racing greyhounds.
10.00 **The Supervet: Noel Fitzpatrick** A Marbella-based French bulldog is flown in for treatment on a broken elbow.
11.00 **The Supervet: Safari Special** Documentary.
12.00 M'T **Inside the Ambulance**
12.30 AM **Louis Theroux: A Place for Paedophiles**
1.25 **to 3.00** AM **Michael McIntyre's The Wheel**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.30 AM **The Bill**
8.25 **Doctors**
9.40 **Classic Holby City**
10.40 **Classic Casualty**
11.50 **The Bill**
12.55 PM **Classic EastEnders**
2.10 **All Creatures Great and Small**
3.10 **Howards' Way**
4.20 **Bergerac**
5.25 **The Thin Blue Line**
6.00 **To the Manor Born**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Judge John Deed** *Above the Law:* Three men are each accused of killing a rival gang member.
10.00 **New Tricks** *Tender Loving Care:* A junior doctor is murdered.
11.20 **Waking the Dead**
12.40 AM **Sister Boniface Mysteries** 2/10. (S1)
1.40 **The Thin Blue Line**
2.15 **to 4.00** AM **The Brokenwood Mysteries**

+1 hr 243 316 60 260

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great Continental Railway Journeys**
8.00 **Bangers & Cash**
10.00 **Secrets and Spies: A Nuclear Game**
11.00 **World War Weird**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **Secrets and Spies: A Nuclear Game**
5.00 **World War Weird**
6.00 **Antiques Roadshow**
7.00 **Great Canal Journeys**
8.00 **Sacred Rivers with Simon Reeve** A journey along the Ganges.
9.00 **Cornwall with Simon Reeve** 1/2. The explorer travels through Cornwall as the county emerges from the first lockdown.
10.00 **Bangers & Cash**
1.00 AM **Abandoned Engineering**
2.00 **to 3.00** AM **Secrets and Spies: A Nuclear Game**

+1 hour 255 329

MONDAY Entertainment

Monday

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** Northumberland.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **Antiques Road Trip** Double bill.
2.00 PM **The Repair Shop**
3.00 **The Yorkshire Auction House**
4.00 **Long Lost Family**
5.00 **A Place in the Sun**
6.00 **Salvage Hunters** Drew tries to agree a deal on some incredible industrial pieces. **7.00** Drew replenishes his stock of furniture. **8.00** Silks once used in the royal household.
9.00 **Secret Life of the Auction House**
10.00 **The Yorkshire Auction House** An unusual vase.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Great! TV

157 167 170 34 32

8.10 AM **Highway to Heaven**
9.10 **The Waltons** 6/25. (S2)
10.10 **Little House on the Prairie** 24–26/26. (S5)
1.10 PM **The Waltons** (S2)
4.10 **Down to Earth** (S5)
5.20 **Doctor Finlay** 4/7. (S3)
6.30 **Rumpole of the Bailey**
7.30 **M*A*S*H** 20–22/25. (S8)
9.00 **Dear John** 3/7. A problem develops between John and Toby. **9.40** 4/7. John's efforts in wooing his new girlfriend are hampered by Ken's need of sanctuary. **10.20** 5/7. John hopes a visit to the seaside town of Torquay holds the key to his dreams. (S2)
11.00 **Down to Earth** (S5)
12.10 AM **Rumpole of the Bailey** 5/6. (S2)
1.10 **Doctor Finlay** 4/7. (S3)
2.25 **Home to Roost** (S1)
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257

Great! Action

323 319 426 42 33

9.10 AM **FILM Triple Cross** Fact-based spy thriller. (1966, PG, 126min) ★★
12.00 NOON **The High Chaparral** 25/26. (S2)
1.00 PM **FILM Coroner Creek** Western drama. (1948, PG, 89min) ★★
3.00 **Wanted: Dead or Alive**
3.30 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The Persuaders!** (S1)
7.00 **The Avengers** (S4)
8.00 **The New Avengers** (S2)
9.00 **FILM The Edge** Action adventure starring Anthony Hopkins. (1997, 15, 117min) ★★★
11.25 **FILM 16 Blocks** Thriller with Bruce Willis. (2006, 12, 102min) ★★★★
1.35 AM **The Avengers** (S4)
2.35 **The New Avengers** (S2)
3.20 **FILM NYC: Tornado Terror** Disaster movie. (2008, PG, 90min) ★★
4.50 **to 5.50** AM **Cops Uncut**

+1 hour 324

Great! Mystery

321 318 425 50 48

8.10 AM **Diagnosis Murder**
9.10 **Murder, She Wrote**
10.10 **Unforgettable** (S3)
11.10 **Castle** 23/24. (S5)
12.10 PM **FILM Flower Shop Mystery: Dearly Depotted** (2016) ★★
2.05 **FILM An Aurora Teagarden Mystery: A Lesson in Murder** Drama. (2024, PG) ★★
4.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 24/24. (S5)
8.00 **Unforgettable** (S3)
9.00 **FILM Ruby Herring Mysteries: Silent Witness** (2019, PG) ★★
10.55 **FILM An Inheritance to Die For: A Teagarden Mystery** (2019, PG) ★★
12.50 AM **FILM True Justice** Thriller. (2023, PG) ★★
2.30 **FILM Au Pair Nightmare**
4.05 **to 5.00** AM **Sue Thomas: F.B.Eye**

+1 hour 322

Great! Romance

319 317 424 52 47

8.10 AM **FILM How to Find Forever** Romantic drama. (2021, PG, 90min) ★★
10.20 **FILM The Irresistible Blueberry Farm** Drama. (2016, PG, 85min) ★★
12.15 PM **FILM Love by Design** Drama. (2023, PG) ★★
2.15 **FILM Love is on the Air** Drama. (2021, PG) ★★
4.05 **FILM Love at the Ranch** Drama. (2020, PG) ★★
6.05 **FILM The Presence of Love** Romantic drama. (2022, PG, 84min) ★★
8.00 **FILM PREMIERE A Lifelong Love** Drama. (2023, U, 89min) ★★
10.00 **FILM Team Bride** Romantic drama. (2023, U, 91min) ★★
12.00 M'T **FILM Calling for Love** Romantic comedy. (2020, PG, 90min) ★★
1.55 AM **Highway to Heaven**
2.50 **FILM Love is on the Air**
4.10 **to 5.00** AM **Highway to Heaven**

+1 hour 320

Rewind TV

182 81 141

6.00 AM **Highlights**
8.30 **Thick as Thieves**
9.00 **Bubblegum & Cheese**
10.00 **The Brian Conley Show**
10.30 **Shine on Harvey Moon**
11.30 **The Fenn Street Gang**
12.00 NOON **The Lovers** (S1)
12.30 PM **The Dustbinmen**
1.00 **Wish Me Luck** (S3)
2.00 **The Champions**
3.00 **Shine on Harvey Moon**
4.00 **Tracing the Rails**
4.30 **Old Country**
5.00 **Bubblegum & Cheese**
6.00 **The Brian Conley Show**
6.30 **The Fenn Street Gang**
7.00 **The Lovers** (S1)
7.30 **The Dustbinmen** (S3)
8.00 **The Champions**
9.00 **Wish Me Luck** (S3)
10.00 **Game On** 4/6. (S2)
10.35 **Stereo Underground**
12.35 AM **FILM Naked as Nature Intended** Comedy. (1961, 18) ★★
1.55 **Game On** 4/6. (S2)
2.30 **We Had One of Those**
2.40 **to 6.00** AM **Highlights**

DMAX

158 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Guardians of the Glades**
10.00 **Deadliest Catch**
12.00 NOON **Curse of the Frozen Gold**
1.00 PM **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** The *Time Bandit* crew race back to the dock after a freak accident. **8.00** A storm strikes the fleet just weeks into the opilio crab season.
9.00 **Body Bizarre** A man who is over 7ft tall with a wife who is under 5ft. **10.00** A two-year-old born with an extra arm growing out of his back.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 258 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Man v Food with Casey Webb** Double bill.
7.00 **Hairy Bikers Go Local**
8.00 **The Pioneer Woman**
9.00 **Jamie's Meat-Free Meals** Double bill.
10.00 **Barefoot Contessa: Back to Basics**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Great British Adventure**
3.00 **Hairy Bikers Go Local**
4.00 **The Pioneer Woman**
5.00 **Jamie's Meat-Free Meals** Double bill.
6.00 **Barefoot Contessa: Back to Basics**
7.00 **Great British Bake Off**
9.00 **Secret Eats with Adam Richman** Double bill.
10.00 **Secrets of the Curry Kitchen** Double bill.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food: Best Of** Double bill.
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 18/27. (S4)
9.00 **The A-Team** 21/25. (S3)
10.00 **Charlie's Angels** (S5)
11.00 **FILM Independents' Day** Sci-fi adventure. (2016, 15, 91min) ★★
1.00 PM **FILM The Great Sioux Massacre** Western. (1965, U, 91min) ★★
3.00 **FILM Siringo** Western. (1996, PG, 90min) ★★
5.00 **Star Trek** 1/26. (S2)
6.00 **Charlie's Angels** (S5)
7.00 **The A-Team** 22/25. (S3)
8.00 **Walker, Texas Ranger**
9.00 **FILM Reign of Fire** Sci-fi adventure starring Christian Bale. (2002, 12, 102min) ★★★
11.00 **FILM Kickboxer** Martial arts thriller. (1989, 18, 105min) ★
1.00 AM **FILM Legacy of Lies** Action thriller. (2020, 15, 101min) ★★
3.00 **to 4.50** AM **FILM Mercenaries** Thriller. (2011, 15, 97min) ★★

Legend Xtra

317 316 171 69 138 51

9.00 AM **FILM Martian Land** Sci-fi action drama. (2015, PG, 90min) ★
11.00 **The Lost World** (S1)
12.00 NOON **FILM The Lost Continent** Fantasy. (1968, PG, 98min) ★★★
2.00 PM **FILM The Gambler** Musical drama. (1980, PG, 95min) ★★★
4.00 **Walker, Texas Ranger**
5.00 **FILM Asteroid v Earth** Sci-fi disaster movie. (2014, 15, 91min) ★★
7.00 **The Lost World** (S1)
8.00 **The Fall Guy** 14/23. (S1)
9.00 **FILM Renegades** Action adventure. (2017, 15, 106min) ★★
11.05 **FILM Escape Plan 3** Action thriller sequel. (2019, 15, 97min) ★
1.05 AM **FILM Last Passenger** Thriller. (2011, 15, 95min) ★★★
3.00 **FILM Asteroid v Earth**
5.00 **to 6.00** AM **The Lost World**

+1 hour 318 371 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.35 **Storage Hunters**
8.30 **Storage Wars: Texas**
9.20 **Hardcore Pawn**
10.15 **Auction Hunters**
11.10 **Deep Water Salvage**
12.10 PM **Salvage Kings**
1.05 **Pawn Stars**
2.05 **Storage Wars: Texas**
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
5.00 **Close Encounters**
6.00 **Pawn Stars**
7.00 **Storage Wars: Texas**
8.00 **Dickinson's Real Deal**
9.00 **The Curse of Oak Island**
10.00 **Secrets in the Ice**
11.00 **Forbidden History**
12.00 M'T **World's Greatest Treasure Mysteries**
1.00 AM **Close Encounters**
2.00 **Ancient Aliens**
3.00 **Deep Water Salvage**
3.45 **Salvage Kings**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
10.00 **Dogs Behaving (Very) Badly** Documentary.
11.00 **Ben Fogle: New Lives in the Wild** From Italy.
12.00 NOON **Buried Secrets of WWII** Documentary.
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
5.00 **Battle for the Black Swan: Drain the Oceans**
6.00 **Britain's Greatest Bridges** Humber Bridge.
7.00 **Buried Secrets of WWII**
8.00 **Ben Fogle: New Lives in the Wild** Australia.
9.00 **Yorkshire Great and Small with Dan and Helen** East Yorkshire.
10.00 **Reuben: Life in the Dales** Documentary.
11.00 **Susan Calman's Grand Day Out**
12.00 M'T **Wentworth Prison**
1.00 AM **VC Andrews' Heaven**
2.50 **Paul Martin's Antiques Showdown**
3.45 **to 4.00** AM **Britain's Greatest Bridges**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Double bill.
11.00 **The Chase Celebrity Special** With guests Martin Roberts, Tracy Edwards, Debbie McGee and Duncan James.
12.00 NOON **The Chase**
2.00 PM **Bridge of Lies**
3.00 **Who Wants to Be a Millionaire? Celebrity Special** Quiz show.
4.00 **The Chase** Quiz show.
5.00 **The Bidding Room** A pair of Victorian horsehair singers.
6.00 **Tenable** Double bill.
8.00 **The Chase** Double bill.
10.00 **Tenable** Quiz hosted by Warwick Davis.
11.00 **The Chase Celebrity Special** Simon Gregson, Victoria Ekanoye, Lucy Fallon and Andrew Whyment take part.
12.00 M'T **Classic Who Wants to Be a Millionaire?**
1.00 AM **The Chase** Triple bill.
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Mike & Molly**
8.30 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Mike & Molly**
3.30 **Young Sheldon**
5.00 **The Big Bang Theory** Eight episodes of the sitcom, including at: **7.30** 3/24. Leonard accompanies Amy to a colleague's wedding. **8.00** 4/24. Penny arranges a date for Raj. **8.30** 5/24. Sheldon's old adversary Wil Wheaton returns. (S5)
9.00 **Hollywood Demons** New edition For some child stars from 1990s family shows, the transition after their wholesome roles leads them down a dark path.
11.00 **Death by Fame**
12.00 M'T **Dr Pimple Popper**
2.00 AM **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
10.00 **Spin City** 1&2/22. (S6)
11.00 **Everybody Loves Raymond** (S6)
1.00 PM **Friends** (S4)
8.00 **Friends** 22/24. Joey loses Ross's wedding ring at the stag party. **8.30** 23/24. Ross sets off for England to marry Emily. (S4)
9.00 **Out of Order** New edition With guests Nish Kumar and Kiell Smith-Bynoe.
10.00 **Jack Whitehall Live**
11.00 **Iain Stirling's Roast the Internet**
12.00 M'T **Whose Line Is It Anyway? USA**
1.00 AM **South Park** (S6)
3.25 **MTV Cribs: Comedians Specials** With Big Zuu.
3.35 **Paul F Tompkins: Labouring Under Delusions** Stand-up.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S6)
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Whose Line Is It Anyway? USA**
11.00 **Friends** 12–15/25. (S6)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.30 **Takeshi's Castle**
4.00 **Most Ridiculous**
5.00 **Whose Line Is It Anyway? USA**
6.00 **Spin City** 1&2/26. (S4)
7.00 **Everybody Loves Raymond** (S6)
9.00 **Bradley & Barney Walsh: Breaking Dad** The pair travel across Poland and Denmark.
10.00 **Friends** 8–13/24. (S4)
1.00 AM **The Ricky Gervais Show** Double bill.
2.00 **Teachers** (S1)
3.00 **Reno 911!** (S2)
3.45 **Important Things**
4.30 **Spin City** 1&2/26. (S4)
5.15 **to 6.00** AM **Guessable?**

That's TV

171 150 56 164 42

8.00 AM **Highlights**
10.05 **Bread** 2/10. (S8)
10.40 **Steptoe and Son** (S6)
11.20 **You Rang, M'Lord?**
12.25 PM **Rising Damp** (S3)
12.55 **Man About the House**
1.25 **Goodnight Sweetheart**
2.00 **When the Boat Comes In** 3/13. (S2)
3.05 **Minder** 5/13. (S2)
4.10 **Citizen Smith** (S3)
4.45 **Man About the House**
5.15 **Some Mothers Do 'Ave 'Em** 3/6. (S3)
6.00 **That's 60s**
6.15 **Steptoe and Son** (S3)
6.45 **Minder** 3/13. (S3)
7.50 **Rising Damp** 1/7. (S3)
8.25 **Whatever Happened to the Likely Lads?** (S2)
9.00 **Benidorm** 8/9. (S9)
9.55 **Shameless** 1/7. (S1)
11.00 **Man About the House**
11.30 **Rising Damp** (S4)
12.00 M'T **Benidorm** 8/9. (S9)
1.00 AM **Shameless** (S1)
2.00 **Kenny Everett Show**
2.30 **to 6.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **Help! I'm in a Secret Relationship!**
8.00 **Catfish: The TV Show**
9.00 **Catfish: Love Triangles**
10.00 **Catfish: The TV Show**
4.00 PM **Dallas Cowboys Cheerleaders**
6.00 **Sweet Home Alabama**
7.00 **Teen Mom UK: Next Generation**
8.00 **Teen Mom UK**
9.00 **Skin A&E** Documentary.
10.00 **Ink Master: Angels** New edition The Angels uncover a bitter local rivalry in Little Rock.
11.00 **Black Ink Crew New York** New edition Dutchess tells Ceaser the news about Puma's new tattoo shop.
12.00 M'T **Geordie Shore**
2.00 AM **Teen Mom: The Next Chapter**
2.45 **Ridiculousness** New editions Double bill.
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Documentaries

Discovery

125/126 138 177 320 325

6.00 AM **How Do They Do It?**
7.00 **Junkyard Empire**
9.00 **Gold Rush** Documentary.
11.00 **Diesel Brothers**
1.00 PM **Deadliest Catch**
3.00 **How Do They Do It?** How stainless steel is produced. **3.30** How water polo players are protected from injury. **4.00** Exclusive luxury cars. **4.30** How the foundations for tall buildings are constructed.
5.00 **Alaska: Homestead Rescue** A Colorado family's dream is under siege by their bison.

8.00 Scrapyard Dynasty

7.00 **Wheeler Dealers** Mike and Elvis try to make an Audi RS6 estate car faster than a sports car.

8.00 **Scrapyard Dynasty** Terry has accidentally bought 14,000 hand cleansers and needs a way to sell them fast.

9.00 **Secrets Underground** Rob Nelson searches for a mass grave that could harbour a dark secret.

10.00 **Expedition Unknown** Josh Gates dives into the Pacific to find a lost P-47 Thunderbolt piloted by an American hero.

11.00 **Expedition Unknown** Josh searches for a top-secret World War Two seaplane that crashed into the Pacific.
12.00 M'T **Deadliest Catch**
1.00 AM **Secrets Underground**
2.00 **Expedition Unknown**
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **We Love Puppies**
10.00 **Tanked** An acrylic waterfall.
11.00 **Animal Cops Phoenix**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** A good tempered-feline turns nasty. **4.00** A couple afraid to have a child due to their hostile cat.
5.00 **Lone Star Law** Herchman and Stapleton try to find a man who faked his own death.
6.00 **Dr Jeff: Rocky Mountain Vet** Tigger the cat is monitored.

7.00 Treehouse Masters

7.00 **Treehouse Masters** Pete Nelson and his team visit an alpaca farm to build a lodge inspired by US national parks.

8.00 **Mountain Monsters** Expert hunters set out to catch a blood-sucking 'devil dog' that is terrorising West Virginia.

9.00 **Alaska: The Last Frontier** The Kilchers film themselves making inventive Christmas gifts.

10.00 **Alaskan Bush People** A storm hits the island, threatening the Browns' safety as they seek a new addition to Browntown.

11.00 **The Haunted** A couple witness a shadowy figure.
12.00 M'T **Crikey! It's the Irwins** Robert gets set to swim with a huge reticulated python.
1.00 AM **Intruders** Documentary.
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Phoenix**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Britain's Greatest Machines with Chris Barrie**
9.00 **Air Crash Investigation**
10.00 **Seconds from Disaster**
11.00 **WW2: Hell Under the Sea**
12.00 NOON **World War II: Secrets from Above**
1.00 PM **Air Crash Investigation**
3.00 **Killing Hitler** Documentary.
4.00 **Gladiators: Warriors of the Ancient World**
5.00 **Ice Road Rescue**
6.00 **Nazi Megastructures** Japanese inland defences on the island of Okinawa.

10.00 Dutch Caribbean...

7.00 **Air Crash Investigation** The fate of Helios Flight 522, which in August 2005 crashed into a mountain in Greece.

8.00 **Car S.O.S** Tim Shaw and Fuzz Townshend take on a rusty 1965 Mustang that has been cherished by a caretaker for 40 years.

9.00 **Car S.O.S** Tim and Fuzz pick up a 1978 JCB digger belonging to a former carpenter who is unable to look after his pride and joy.

10.00 **Dutch Caribbean Coastguards** New edition A look at the coast guard's maritime rescue operations.

11.00 **Mayday** A Boeing 737 accident.
12.00 M'T **Car S.O.S**
1.00 AM **To Catch a Smuggler**
2.00 **Trafficked** Documentary.
2.30 **Money Meltdown**
3.20 **Food Factory** Double bill.
4.10 **When Sharks Attack and Why**
4.35 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Storage Wars**
7.50 **Pawn Stars Do America**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **Mysteries from Above**
1.00 PM **Gold Wars Downunder**
2.00 **American Pickers**
3.00 **Britain's Most Historic Towns** Exploring the history of Oxford during the Civil War. **4.00** A visit to Canterbury. **5.00** The history of Stirling.
6.00 **American Pickers** Mike and Jersey go hog-wild over a West Virginia honey hole.

10.00 Hells Angels

7.00 **Forged in Fire Armed Forces Tournament** Top bladesmiths from the US military are tasked to forge V-42 Stilettos.

8.00 **American Pickers** New edition Mike Wolfe and Jersey Jon sift through a tidal wave of early technology.

9.00 **Gold Wars Downunder** New edition Three mining teams battle it out to see who can unearth the most gold.

10.00 **Hells Angels: Kingdom Come** New edition A look into how a failed assassination attempt resulted in betrayal.

11.00 **Secrets of the Hells Angels** Undercover informant Tony Tait infiltrates the biker club. **12.00** M'T Ted Soke grooms his son Donny to become a killer.
12.55 AM **American Pickers**
1.50 **Gold Wars Downunder**
2.50 **Pawn Stars Do America**
3.40 **Pawn Stars** A whisky strap.
4.25 **to 6.00** AM **Secrets in the Dark**

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **The 2000s**
7.00 **Discovering: Diane Keaton**
8.00 **The Directors**
9.00 **The Movies**
9.55 **Telemarketers**
11.00 **Billy Joel: And So It Goes**
1.50 PM **My Icon: Michael Holding**
2.00 **Love Means Zero** Documentary about famed tennis coach Nick Bollettieri.
3.50 **My Icon: Heather Watson**
4.00 **Discovering: Diane Keaton**
5.00 **The Directors**
6.00 **The Movies**

9.00 Death of a Showjumper

6.55 **Telemarketers** How two employees who stumbled upon the murky truth behind a seedy New Jersey call centre.

8.00 **Murder at the Post Office** A look at the 2010 murder of postmistress Diana Garbutt in Melsonby, North Yorkshire.

9.00 **Death of a Showjumper** The events surrounding the death of promising Northern Irish showjumper Katie Simpson in 2020.

10.00 **Death of a Showjumper** Detective James Brannigan explores the past of Katie Simpson's sister's partner Johnny Cresswell.

11.00 **Death of a Showjumper** Katie Simpson's family and friends prepare for Jonathan Cresswell's murder trial, but the case takes a shocking turn in court.
12.00 M'T **Adrienne** Tribute to actor and director Adrienne Shelly.
2.00 AM **The Scheme**
4.10 **The Directors**
5.05 **to 6.00** AM **Discovering: Diane Keaton**

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **The Repair Shop**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Opal Hunters**
1.00 PM **The Repair Shop**
2.00 **Shed and Buried: Classic Cars**
3.00 **Find It, Fix It, Flog It**
4.00 **The Yorkshire Auction House** Double bill.
6.00 **Antiques Road Trip**
8.00 **Shed and Buried: Classic Cars**
9.00 **Guz Khan's Custom Cars** New edition The comedian battles bucket seats, meets a Ferrari modder and explores Britain's car scene.
10.00 **Shed and Buried**
11.00 **Australian Open Tennis**
12.00 M'T **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Shed and Buried: Classic Cars**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

6.00 AM **Animal Cops Phoenix** A dog fight.
7.00 **Helicopter ER**
9.00 **Cops UK: Bodycam Squad** Double bill.
11.00 **The Detectives: My Killer Case**
12.00 NOON **Forbidden: Dying for Love**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **A Killer's Mistake**
4.00 **American Monster**
6.00 **Disappeared**
7.00 **Judge Rinder's Crime Stories** Real-life cases.
8.00 **Murder on CCTV**
9.00 **The Victorian Murder Files** A body is found under a kitchen floor.
10.00 **The Suitcase Murders**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Documentary.
3.00 **to 4.00** AM **FBI Files**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Secrets of a Murder Detective** Steve Keogh discusses the murder of Jodie Chesney, who was stabbed in a park.
8.00 **48 Hours** New edition Aileen Seiden's body is found near a motorway, and the next day, a bloody motel room is discovered nearby.
9.00 **Body in the Water** A missing woman's body is washed up on the shore of a tidal estuary.
10.00 **Murder UK** New edition Nurse Marie Isotone claimed her husband died naturally while in her care, but an autopsy revealed lethal insulin.
11.00 **Bloodline Detectives**
1.00 AM **48 Hours**
2.00 **Body in the Water**
3.00 **Murder UK**
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Bloodline Detectives**
11.00 **48 Hours** Documentary.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **Bloodline Detectives** The murder of Sylvia Quayle. **3.00** A young woman goes missing on Valentine's Day.
4.00 **48 Hours** The case of Tiffiney Crawford.
5.00 **Medical Detectives** Investigators analyse shoe impressions found at the scene of a crime. **5.30** When a chef is murdered, police discover a trail of debt. **6.00** Investigators sift through the ashes at the scenes of several fires. **6.30** A woman is found dead in her bathtub.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Motorway Patrol**
7.00 **The Force: Manchester**
8.00 **Stop, Search, Seize**
9.00 **Brit Cops** Documentary.
10.00 **World's Most Evil Killers**
12.00 NOON **Catching the Killer** Documentary.
1.00 PM **Killer in My Village**
2.00 **Murders That Shocked the Nation** Ruth Ellis.
3.00 **How I Caught the Killer**
4.00 **Britain's Most Evil Killers**
5.00 **Catching the Killer**
6.00 **Killer in My Village**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **The Murder of Lyn Dawson: The Teacher, the Groomer, the Killer**
11.00 **Police 24/7**
12.00 M'T **Catching the Killer**
1.00 AM **World's Most Evil...**
2.00 **Murdered at First Sight**
3.00 **Love You to Death**
4.00 **Brit Cops** Documentary.
5.00 **to 6.00** AM **Border Security USA**

+1hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Great Forts of the Mediterranean**
9.20 **Hitler's Propaganda Machine** As 7.10pm.
10.30 **Hidden Killers of the Post-War Home**
11.50 **Higgins Ridge**
1.00 PM **Great Forts of the Mediterranean**
2.20 **Hitler's Propaganda Machine** As 7.10pm.
3.30 **Hidden Killers of the Post-War Home**
4.50 **Higgins Ridge**
6.00 **Great Forts of the Mediterranean**
7.10 **Hitler's Propaganda Machine** Propaganda in the Nazi regime.
8.20 **Hidden Killers of the Post-War Home**
9.40 **Once Upon a Time in Northern Ireland**
10.50 **Hitler's Propaganda Machine** As 7.10pm.
12.00 M'T **Once Upon a Time in Northern Ireland**
1.20 **to 2.00** AM **Grand Tours of the Scottish Islands**

MONDAY

Monday

Sky Nature

145 113/114 189 354 369

6.00 AM **Secrets of the Enchanted Forests** Documentary.
7.00 **Monkey Life**
8.00 **Africa's Hunters**
9.00 **Hope for Wildlife**
10.00 **Animals Like Us**
11.00 **Pride Rules**
12.00 NOON **Nomads of the Serengeti** Documentary.
1.00 PM **Monkey Life**
2.00 **Africa's Hunters**
3.00 **Hope for Wildlife**
4.00 **Animals Like Us**
5.00 **Wild Fighters**
6.00 **Nomads of the Serengeti**
7.00 **Monkey Life** Double bill.
8.00 **Whale with Steve Backshall**
9.00 **Extraordinary Animals**
10.00 **Nomads of the Serengeti**
11.00 **Wild Fighters**
12.00 M'T **Pride Rules**
1.00 AM **Secrets of the Enchanted Forests** Exploring some of the planet's driest terrains.
2.00 **Whale with Steve Backshall**
3.00 **Extraordinary Animals**
4.00 **Africa's Hunters**
5.00 **to 6.00** AM **Hope for Wildlife**

Sky History 2

163/168 143 186

6.00 AM **Mystery Places**
7.00 **Secrets in the Sand**
8.00 **What on Earth?**
9.00 **Battle 360**
10.00 **Iconic Combat Machines**
11.00 **Ancient Aliens**
1.00 PM **Craig Charles: UFO Conspiracies**
2.00 **Britain's Most Historic Towns**
3.00 **Digging Up Britain's Past**
4.00 **Mystery Places**
5.00 **Secrets in the Sand**
6.00 **What on Earth?**
7.00 **Battle 360** The USS *Enterprise*.
8.00 **Iconic Combat Machines** The Messerschmitt Me 262 and the P-51 Mustang.
9.00 **History's Most Shocking** Two kayakers are swallowed alive by a humpback whale.
10.00 **Death Coast**
11.00 **Ancient Aliens**
1.00 AM **Craig Charles: UFO Conspiracies**
2.00 **Britain's Most Historic Towns**
3.00 **Digging Up Britain's Past**
4.00 **Full Custom Garage**
5.00 **to 6.00** AM **Empire Builders**

Discovery Science

167 148 179

8.00 AM **NASA's Unexplained Files**
11.00 **The Dino Hunters**
1.00 PM **Truth Behind the Moon Landing** Double bill.
3.00 **Killers of the Cosmos**
6.00 **How Do They Do It?** How deliveries are made to the International Space Station. **6.30** How to make a bicycle which can fold up to a tenth the size of a regular bike. **7.00** How to make the Fender Stratocaster electric guitar. **7.30** Investigating the gravity-defying 'magic' behind Pisa's leaning tower. **8.00** How ancient Greeks invented parchment with techniques still used today. **8.30** How to make modern violins that sound as good as the legendary Stradivarius.
9.00 **Truth Behind the Moon Landing** Double bill.
11.00 **NASA's Unexplained Files**
1.00 AM **Killers of the Cosmos**
4.00 **to 6.00** AM **Blowing Up History**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Court Cam**
11.00 **Accident, Suicide or Murder?**
12.00 NOON **Green Eyed Killers**
1.00 PM **#Textmewhenyougethome**
2.00 **Secrets of Polygamy**
3.00 **Murdertown**
4.00 **Killer Britain with Dermot Murnaghan** Andrew Parsons.
5.00 **Laura Whitmore on Britain's Killer Teens** Logan MacPhail.
6.00 **The First 48**
7.00 **Cold Case Files**
8.00 **#Textmewhenyougethome**
9.00 **Don't Open the Door** New edition Maryland paramedics rush to the scene of a single-vehicle accident.
10.00 **Murders at Little Bridge Farm**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Real Murders of Atlanta**
2.00 **Don't Open the Door**
3.00 **Laura Whitmore on Britain's...**
4.00 **Murdertown**
5.00 **to 6.00** AM **Laura Whitmore on Britain's Killer Teens**

+1hour 256 333

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Europe's New Wild**
10.00 **Africa's Hunters**
11.00 **Close Encounters of the Wild Kind** Animal encounters.
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Land of the Iberian Lynx**
3.00 **Shark Men**
4.00 **Snakes in the City**
5.00 **Ultimate Airport Dubai**
6.00 **Yukon Vet**
7.00 **Strangest Nature** Series finale A look at creatures shaped by isolation and extremes.
8.00 **Madagascar's Weirdest** Strange survival techniques.
9.00 **Kings of the Wild** Survival challenge with hunter Josh James and chef Matt Tebbutt.
10.00 **Life Below Zero: First Alaskans** Documentary.
11.00 **Ice Road Rescue**
12.00 M'T **Exotic Animal ER**
1.00 AM **Monster Fish**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Monster Fish**

Discovery History

174 147 181

7.00 AM **Expedition Unknown**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **How the Universe Works** The possibility of life on Mars in previous eras.
1.00 PM **NASA's Unexplained Files**
2.00 **Hunting Atlantis**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Expedition Unknown**
9.00 **Unexplained and Unexplored** Explorers Justin Fornal and Emiliano Ruprah investigate the Knights Templar.
10.00 **How Do They Do It?**
11.00 **World's Greatest Motorcycle Rides** Henry Cole rides from Loeriesfontein to Matjiesfontein.
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **NASA's Unexplained Files**
4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **Three Up, Two Down**
1.00 PM **Three Up, Two Down**
9.00 **Three Up, Two Down** 1/7. After the major is discredited, Daphne is left feeling confused and angry. **9.40** 2/7. Daphne prepares for the Major's appointment at the police station, unaware that Sam is also about to make demands on her time. **10.20** 3/7. Daphne tries to come to terms with the scales of justice – and crocodiles. **11.00** 4/7. Angie's career takes off – leaving Nick at home and feeling at a loose end. **11.40** 5/7. Giles decides upon an extreme course of action to win back Daphne. **12.20** AM 6/7. Daphne's worst fears come true when a trip to the coast finds her all at sea with Sam. (S3)
1.00 **Three Up, Two Down**
4.40 **Anthony Bourdain: Parts Unknown** A visit to Amritsar.
5.25 **to 6.00** AM **My Kind of Town**

+1hour 266 376

ID

154 140 166

8.00 AM **Forbidden: Dying for Love**
9.00 **Murder Comes to Town**
11.00 **Disappeared**
12.00 NOON **Murder in the Heartland**
1.00 PM **The Murder Tapes**
3.00 **Disappeared**
4.00 **Murder in the Heartland**
5.00 **Feuds Turned Fatal**
7.00 **Deadly Secrets** The case of a serial arsonist who murdered four people in a California store. **8.00** How Steven Willis' life was turned upside down when a family member was murdered.
9.00 **Faking It: Tears of a Crime** The case of Emile Cilliers, who attempted to murder his wife, Victoria, by sabotaging her parachute on a 4,000ft skydive.
10.00 **Fatal Destination** A teen's spring break turns dark when she vanishes into the night.
11.00 **Lethally Blonde**
12.00 M'T **People Magazine Investigates** Double bill.
2.00 AM **Feuds Turned Fatal**
4.00 **to 6.00** AM **Deadly Secrets**

+1hour 254 366

Discovery Turbo

161/172 146 180

7.00 AM **Junkyard Empire**
8.00 **Motor Pickers**
9.00 **Shorty's Dream Shop**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Richard Hammond's Workshop** As 1.00am.
1.00 PM **Shed and Buried: Classic Cars** A 1920s Model A Ford.
2.00 **Salvage Hunters: Classic Cars**
3.00 **Shorty's Dream Shop**
4.00 **Roadworthy Rescues**
5.00 **Motor Pickers**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Roadworthy Rescues** Steve Dulcich returns along with the Vanishing Paint Challenger.
9.00 **Mud Madness**
10.00 **Sewer Divers**
11.00 **Salvage Hunters: Classic Cars**
12.00 M'T **Roadworthy Rescues**
1.00 AM **Richard Hammond's Workshop** The team try to win a rare 1950s Porsche 356.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **Super Charlie** As 1.10am.
7.30 **Smurfs** As shown at 4.10pm.
9.10 **Friendship** Comedy. (2025, 15, 101min) ★★★★
11.00 **Safe House** Thriller. (2025, 15)
12.35 PM **The Ballad of Wallis Island** Offbeat comedy. (2025, 12, 100min) ★★★★
2.20 **Xeno** As shown at 11.20pm.
4.10 **Smurfs** Fantasy comedy. (2025, PG, 89min) ★★
5.45 **Borderline** Comedy thriller. (2025, 15, 94min) ★★★

7.30 28 Years Later

7.30 28 Years Later Director Danny Boyle's horror sequel starring Jodie Comer, Aaron Taylor-Johnson, Ralph Fiennes and Rocco Haynes. (2025, 15, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.30 The Toxic Avenger Horror comedy starring Peter Dinklage. A horrible toxic accident transforms a downtrodden janitor into a new evolution of hero. With Kevin Bacon. (2023, 18, 102min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **Xeno** Fantasy starring Lulu Wilson and Omari Hardwick. (2025, 15, 103min) ★★★
1.10 AM **Super Charlie** Animation featuring the voice of Karen Ardiff. (2025, PG, 82min)
2.40 **Beast of War** Horror thriller starring Mark Coles Smith. (2025, 15, 87min) ★★★★
4.20 **to 6.00** AM **All the Devils Are Here** Mystery thriller starring Eddie Marsan. (2025, 15, 87min) ★★★★

Sky Cinema Brit Hits

303 303 403 503 517

6.20 AM **Funny Cow** As 11.50pm.
8.20 **Alfie** As shown at 4.10am.
10.20 **Bridget Jones's Baby** Comedy. (2016, 15, 123min) ★★★
12.25 PM **Bridget Jones: Mad About the Boy** Comedy. (2024, 15, 125min) ★★★★
2.35 **About a Boy** Comedy drama. (2002, 12, 101min) ★★★★
4.20 **The Ballad of Wallis Island** Comedy. (2025, 12) ★★★★
6.10 **Mamma Mia!** Musical. (2008, PG, 108min) ★★★★

6.10 Mamma Mia!

8.00 Mamma Mia! Here We Go Again ABBA-themed musical sequel starring Amanda Seyfried and Lily James. The reopening of the Hotel Bella Donna leads to a reunion for Sophie's family. With Pierce Brosnan and Cher. (2018, PG, 114min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Alfie Comedy drama remake starring Jude Law as a limousine driver who enjoys a carefree existence in Manhattan flitting from one romantic conquest to the next. (2004, 15, 106min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Funny Cow** Comedy drama starring Maxine Peake. (2017, 15, 102min) ★★★★
1.45 AM **Babylon** Ground-breaking drama. (1980, 15, 94min) ★★★
3.30 **Sky Cinema Preview**
4.10 **to 6.20** AM **Alfie** Comedy drama starring Michael Caine. (1966, 15, 114min) ★★★★

Sky Cinema Drama

310 310 410 510 524

6.45 AM **The Friend** Drama. (2024, 15, 120min) ★★★★
8.45 **Miranda's Victim** As 2.25am.
10.55 **Cicada** (2020, 15) ★★★★
12.35 PM **The Shamrock Spitfire** Biopic. (2024, 12, 108min) ★★★
2.25 **Six Minutes to Midnight** Thriller. (2020, 12, 99min) ★★★
4.10 **Lost in Translation** Bittersweet romantic comedy drama. (2003, 15, 102min) ★★★★★
5.55 **Birdy** Alan Parker's psychological drama starring Nicolas Cage. (1984, 15, 120min) ★★★★
8.00 **The Post** Steven Spielberg's fact-based drama starring Meryl Streep and Tom Hanks. In 1971, American newspapers race to expose a government cover-up of Vietnam War secrets. (2017, 12, 113min) ★★★★
10.05 **Turtles All the Way Down** Romantic drama starring Isabela Merced, Cree and Judy Reyes. (2024, 12, 111min) ★★★★
12.05 AM **Anora** Romantic comedy drama starring Mikey Madison. (2024, 18, 139min) ★★★★★
2.25 **Miranda's Victim** Fact-based drama starring Abigail Breslin. (2023, 15, 127min) ★★★
4.35 **to 6.30** AM **Turtles All the Way Down** As 10.05pm.

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.05 AM **Tarot** As shown at 11.40am.
7.40 **Children of Men** Sci-fi thriller. (2006, 15, 109min) ★★★★★
9.45 **Blade: Trinity** Action adventure sequel. (2004, 15, 113min) ★★★
11.40 **Tarot** Horror starring Harriet Slater. (2024, 15, 92min) ★★
1.15 PM **InnerSpace** As 5.40am.
3.20 **A.I. Artificial Intelligence** Steven Spielberg's sci-fi fantasy. (2001, 12, 145min) ★★★★
5.45 **Battleship** Sci-fi adventure. (2012, 12, 126min) ★★★
8.00 **Nosferatu** Horror thriller starring Bill Skarsgård. A troubled woman forms a telepathic bond with a mysterious count. (2024, 15, 132min) ★★★★
10.15 **Pacific Rim** Epic sci-fi action adventure with Charlie Hunnam, Idris Elba and Rinko Kikuchi. (2013, 12, 126min) ★★★
12.30 AM **From Dusk Till Dawn 2: Texas Blood Money** Horror sequel. (1999, 18, 88min) ★★
2.05 **From Dusk Till Dawn 3: The Hangman's Daughter** Western chiller sequel starring Marco Leonardi. (2000, 18, 94min) ★★
3.45 **Abigail** Horror thriller. (2024, 18, 105min) ★★★★
5.40 **to 7.45** AM **InnerSpace** Comedy thriller. (1987, PG, 119min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

7.30 AM **Blithe Spirit** As 2.30pm.
9.20 **IF** Fantasy. (2024, U) ★★★
11.10 **Look Who's Talking Too** Comedy sequel. (1990, 12) ★
12.40 PM **A Minecraft Movie** Fantasy. (2025, PG, 101min) ★★★
2.30 **Blithe Spirit** Comedy. (2020, 12, 95min) ★★★
4.15 **Zathura: A Space Adventure** Fantasy. (2005, PG) ★★★★
6.00 **Lemony Snicket's A Series of Unfortunate Events** Fantasy. (2004, PG, 103min) ★★★★

6.00 Lemony Snicket's A Series...

7.55 **Look Who's Talking Now** Comedy sequel starring John Travolta and Kirstie Alley, and featuring the voices of Danny DeVito and Diane Keaton. (1993, 12, 95min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 **Sonic the Hedgehog 3** Fantasy adventure sequel starring Jim Carrey and James Marsden. The blue hedgehog, Knuckles and Tails reunite to face the villainous Shadow. (2024, PG, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **The Mountain** Comedy drama starring Elizabeth Atkinson. (2024, PG, 89min) ★★★★
1.15 AM **It Takes Two** Comedy starring Ashley and Mary-Kate Olsen. (1995, U, 97min) ★
3.05 **My Penguin Friend** Family drama starring Jean Reno. (2024, PG, 98min) ★★★★
4.50 **to 6.30** AM **Look Who's Talking Now** As 7.55pm.

Sky Cinema Action

307 307 407 507 521

7.20 AM **Monkey Man** Thriller. (2024, 18, 121min) ★★★★
9.25 **300** Historical adventure. (2006, 15, 116min) ★★★★
11.25 **Last Action Hero** Fantasy. (1993, 15, 130min) ★★★
1.40 PM **Twisters** Disaster drama. (2024, 12, 122min) ★★★★
3.45 **Transformers** Sci-fi adventure. (2007, 12, 144min) ★★★★
6.15 **Venom: Let There Be Carnage** Comic-book fantasy sequel. (2021, 15, 97min) ★★★

8.00 The Mummy: Tomb of...

8.00 **The Mummy: Tomb of the Dragon Emperor** Adventure sequel starring Brendan Fraser and Jet Li. The husband-and-wife explorers join their son in a quest to stop the mummy of an ancient Chinese Emperor from conquering the world. (2008, 12, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **Justice League** Action adventure starring Ben Affleck. Bruce Wayne enlists the help of Wonder Woman, Aquaman, Cyborg and The Flash in the fight against supervillain Steppenwolf. (2017, 12, 120min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **The Fall Guy** Action comedy starring Ryan Gosling. (2023, 12, 126min) ★★★★
2.40 **Old Guy** Action comedy. (2024, 15, 94min) ★★★
4.25 **to 6.20** AM **Fight or Flight** Action thriller. (2025, 15) ★★★

Sky Cinema Comedy

308 308 408 508 522

7.25 AM **Wayne's World 2** Comedy sequel. (1993, PG) ★★★
9.05 **The Golden Child** (1986) ★★
10.40 **Psycho Therapy** Comedy drama. (2024, 15) ★★★★
12.25 PM **Sleepless in Seattle** Comedy. (1993, PG) ★★★★★
2.15 **Talladega Nights: Ballad of Ricky Bobby** (2006) ★★★★
4.20 **Seven Psychopaths** Comedy thriller. (2012, 15) ★★★★
6.15 **Jackass Presents: Bad Grandpa** (2013, 15) ★★★

6.15 Bad Grandpa

8.00 **Jackass Presents: Bad Grandpa .5** Additional footage from the comedy about an old man taking his grandson on a road trip. Stars Johnny Knoxville. (2014, 15, 82min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.30 **Beetlejuice Beetlejuice** Horror comedy sequel starring Michael Keaton. The mischievous demon is summoned once more when Delia Deetz returns to the close-knit community of Winter River. (2024, 12, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **See No Evil, Hear No Evil** Comedy thriller with Richard Pryor. (1989, 15, 107min) ★★★
1.05 AM **Y2K** Horror comedy. (2024, 18, 91min) ★★★
2.40 **It's Complicated** Comedy. (2009, 15, 115min) ★★★★
4.45 **to 6.55** AM **The Terminal** Steven Spielberg's comedy drama starring Tom Hanks. (2004, 12, 129min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

6.10 AM **Extremely Wicked, Shockingly Evil and Vile** Biopic. (2019, 15) ★★★★
8.05 **The Bikeriders** (2023) ★★★★
10.05 **Murder by Numbers** Thriller. (2002, 15, 120min) ★★★
12.10 PM **Nightcrawler** Thriller. (2014, 15, 115min) ★★★★
2.10 **Dog Day Afternoon** Thriller. (1975, 15, 130min) ★★★★★
4.15 **Trap** Thriller. (2024, 15) ★★★★
6.10 **The Bourne Supremacy** Spy thriller. (2004, 12) ★★★★

6.10 The Bourne Supremacy

8.00 **The Bourne Ultimatum** Spy thriller sequel starring Matt Damon. An ex-CIA assassin strives to outsmart cops, killers and his former bosses in his quest to discover his true identity. With Julia Stiles and David Strathairn. (2007, 12, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **The Saint** Big-screen version of the cult TV series, starring Val Kilmer. Gentleman thief Simon Templar tangles with a megalomaniac Russian billionaire and a beautiful American scientist. (1997, 12, 116min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Pulp Fiction** Quentin Tarantino's comedy thriller with John Travolta and Bruce Willis. (1994, 18, 154min) ★★★★★
2.45 **Sleepers** Fact-based drama. (1996, 18, 146min) ★★★
5.20 **to 6.15** AM **Sky Cinema Preview**

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Winchester '73** Western. (1950, b/w, U, 92min) ★★★
12.50 PM **The Siege at Red River** Western starring Van Johnson. (1954, PG, 86min) ★★★
2.35 **Ten Tall Men** Adventure. (1951, U, 97min) ★★★
4.30 **The Man from Laramie** Western with James Stewart. (1955, U, 104min) ★★★
6.45 **Gemini Man** Action drama. (2019, 12, 117min) ★★

9.00 Polite Society

Gemini Man (film started at 6.45pm) **8 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Polite Society** Action comedy starring Priya Kansara. Desperate to save her sister from her impending marriage, a budding martial artist plans a daring wedding heist. With Ritu Arya and Renu Brindle. (2023, 12, 100min) ★★★★ **9 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 **Fighting with My Family** Fact-based drama starring Florence Pugh and Jack Lowden. An English wrestler pursues a career with the WWE, while her brother struggles to match her success. (2018, 12, 104min) ★★★★ **10 PM**
1.15 **to 3.50** AM **xXx** Espionage action thriller starring Vin Diesel. (2002, 12, 124min) ★★

11 PM

+1hour 314 430 47 301 257

Sky Cinema Feel Good

302 302 402 502 516

7.20 AM **Miss Congeniality 2...**
9.20 **Big Daddy** Comedy with Adam Sandler. (1999, 12, 95min) ★★★
11.00 **Napoleon Dynamite** Comedy. (2004, PG, 95min) ★★★★
12.35 PM **Galaxy Quest** Sci-fi spoof. (1999, PG, 102min) ★★★★
2.25 **Billy Madison** Comedy. (1995, PG, 90min) ★★
4.00 **Ted 2** Offbeat comedy sequel. (2015, 15, 112min) ★★★

6.00 **Miss Congeniality 2: Armed and Fabulous** Comedy sequel. (2005, 12, 113min) ★★
8.00 **The 40-Year-Old Virgin** Comedy starring Steve Carell and Catherine Keener. The workers in an electrical shop set out to coach their inexperienced 40-year-old colleague in the art of seduction. With Paul Rudd. (2005, 15, 116min) ★★★★
10.00 **Superbad** Teen comedy starring Jonah Hill and Michael Cera. (2007, 15, 113min) ★★★★

12.00 M'T **50 First Dates** Romantic comedy starring Adam Sandler. (2004, 12, 99min) ★★★
1.45 AM **Blended** Romantic comedy. (2014, 12, 117min) ★★
3.45 **Billy Madison** As 2.25pm.
5.20 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Greats

304 304 404 504 518

7.45 AM **Sixteen Candles** Comedy. (1984, 12, 89min) ★★★
9.20 **Shirley Valentine** Comedy. (1989, 15, 108min) ★★★★
11.10 **Alfie** Classic comedy drama. (1966, 15, 114min) ★★★★
1.05 PM **Groundhog Day** Romantic fantasy comedy with Bill Murray. (1993, PG, 103min) ★★★★★
2.50 **Wayne's World** Comedy. (1992, PG, 95min) ★★★★

4.30 **Wayne's World 2** Comedy sequel. (1993, PG, 95min) ★★★
6.10 **Dumb and Dumber** Comedy with Jim Carrey and Jeff Daniels. (1994, 12, 107min) ★★★
8.00 **In & Out** Comedy starring Kevin Kline. A small-town teacher's life is turned upside down when he is outed as gay by a former pupil on national TV. (1997, 12, 91min) ★★★
9.35 **The Golden Child** Fantasy adventure starring Eddie Murphy. (1986, PG, 93min) ★★

11.10 **Risky Business** Comedy drama. (1983, 18, 98min) ★★★★
12.55 AM **Caddyshack** Comedy. (1980, 15, 95min) ★★★
2.35 **The Blues Brothers** Cult comedy from John Landis. (1980, 15, 135min) ★★★★★
4.50 **to 6.25** AM **In & Out** (1997)

Sky Cinema Animation

305 305 412 500 514

7.15 AM **Rock Dog 2: Rock...**
9.00 **Rock Dog 3: Battle the Beat** Animated adventure sequel. (2022, U, 90min) ★★
10.40 **Penguins of Madagascar** Animated family comedy. (2014, U, 88min) ★★★★
12.25 PM **The Boss Baby** Animated comedy. (2017, U, 97min) ★★★
2.15 **Despicable Me 4** Animated sequel. (2024, U, 94min) ★★★

4.00 **Turbo** Animated comedy. (2013, U, 92min) ★★★★
5.50 **The Garfield Movie** Animation. (2023, U, 101min) ★★★
7.45 **Rock Dog** Animated adventure. (2016, PG, 90min) ★★★
9.25 **Rock Dog 2: Rock Around the Park** Animated adventure sequel. (2021, U, 90min) ★★
11.10 **The Canterville Ghost** Animation. (2023, PG) ★★
12.50 AM **Batman Unlimited: Monster Mayhem** Animation. (2015, PG, 76min) ★★★

2.25 **Rebellious** Animated fantasy. (2024, PG, 94min) ★★★
4.10 **Batman Unlimited: Mechs vs Mutants** Animated adventure. (2016, PG, 72min) ★★★
5.40 **to 7.45** AM **Deep Sea** Animated family adventure. (2023, PG, 112min) ★★★

Movies 24

312 313 419

7.00 AM **Our Take on Love** Romantic drama starring Lesa Wilson. (2022, PG, 87min) ★★
9.00 **Wish Upon a Wedding** Drama. (2023, PG, 85min) ★★
11.00 **Sense and Sensibility** Drama. (2024, U, 84min) ★★
1.00 PM **The Royal Nanny** Festive comedy. (2022, PG, 84min) ★★
3.00 **Married By Mistake** Romantic comedy. (2023, PG, 88min) ★★

5.00 **Mystery Island: Winner Takes All** Crime drama with Elizabeth Henstridge and Charlie Weber. (2025, PG, 90min) ★★
7.00 **Heartstrings Attached** Romantic drama starring Morgan Bradley and Chris Connell. (2024, PG, 90min) ★★
9.00 **Inspiring Love** Drama starring Donna Benedicto and Jeremy Guilbaut. (2023, PG, 85min) ★★
11.00 **Signed, Sealed, Delivered: A Tale of Three Letters** Mystery. (2024, PG, 90min) ★★

1.00 AM **Been There All Along** Romantic drama starring Marlie Collins. (2023, PG, 89min) ★★
3.00 **to 5.00** AM **Planning for Joy** Romantic comedy drama. (2022, PG, 86min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Johnny Ringo** 28/38. (S1)
6.30 **Two on the Tiles** Comedy. (1951, b/w, PG, 68min) ★★★
8.00 **Dentist in the Chair** Comedy. (1960, b/w, PG, 84min) ★★
9.35 **The Rossiter Case** Mystery. (1950, b/w, PG, 75min) ★★★
11.10 **Look at Life**
11.25 **You'll Never Get Rich** Wartime musical comedy. (1941, b/w, U, 88min) ★★★

1.10 PM **The Naked Hills** Western. (1956, U, 85min) ★★
2.40 **Moment of Indiscretion** Drama. (1958, b/w, U, 71min) ★★★
4.00 **The Dark Road** Crime drama. (1947, b/w, PG, 80min) ★
5.30 **Bonanza** 16/34. (S2)
6.30 **The Vise** 34/39. (S1)
7.00 **The Footage Detectives**
8.00 **Reckless** 2/6. (S1)
9.05 **Gideon's Way** 17/26. (S1)
10.05 **The Hound of the Baskervilles** Mystery with Richard Roxburgh. (2002, 15, 100min) ★★★

12.05 AM **The Comic** Comedy drama with Dick Van Dyke and Michele Lee. (1969, PG, 90min) ★★★
2.00 **Penny Gold** Murder mystery. (1974, PG, 90min) ★
3.45 **Beyond the Curtain** Thriller. (1960, b/w, U, 88min) ★★
5.30 **to 6.00** AM **Honey West**

MONDAY Sport

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports Catch Up**
7.00 **Sky Sports Breakfast**
7.30 LIVE **ICC Under-19s World Cup Cricket** A play-off match at Harare Sports Club in Zimbabwe, featuring the fourth-placed teams from Group B and Group C.
3.00 PM **Sports Desk**
4.00 **The Transfer Show**
4.30 **Sports Desk** Sports news.
5.00 **The Premier League Show**
6.30 LIVE **MNF** **Everton v Leeds United.** Coverage of the Premier League match staged at Hill Dickinson Stadium. Leeds won the reverse fixture on the opening weekend of the season 1-0. Kick-off **8.00pm**.
11.00 **Sky Sports News**
11.30 LIVE **NBA Basketball** **Cleveland Cavaliers v Orlando Magic.** Coverage of the Eastern Conference match staged at Rocket Arena. Tip-off **12.00m't**.
2.30 AM LIVE **NBA Basketball** **Minnesota Timberwolves v Golden State Warriors.** Coverage of the Western Conference encounter from Target Center. Tip-off **2.30am**.
5.30 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **Premier League Highlights**
9.00 **Ref Watch** Analysing decisions.
10.00 **Sky Sports FC**
12.00 NOON **Premier League Highlights** Recent action.
1.00 PM **Premier League Years**
3.00 **PL Retro** A replay of Arsenal v Manchester United from 1997.
5.00 **The Premier League Show**
6.00 **Ref Watch** Analysing decisions.
6.30 LIVE **MNF** **Everton v Leeds United.** Coverage of the Premier League match staged at Hill Dickinson Stadium. Leeds celebrated their return to the top flight following a two-year absence by claiming all three points in the reverse fixture on the opening weekend of the season, as Lukas Nmecha scored his first goal for the Whites via an 84th-minute penalty to secure a 1-0 victory. Kick-off **8.00pm**.
11.00 **Transfer 360**
11.30 **Ref Watch** Analysing decisions.
12.00 M'T **Premier League Highlights**
12.30 AM **Premier League Stories**
1.00 **PL Retro** A replay of Manchester United v Arsenal from 2002.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **PL Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL League One Goals**
6.30 **EFL League Two Goals**
7.00 **WSL** Recent highlights.
8.00 **EFL Highlights** Championship.
9.00 **SPFL Highlights**
9.30 **EFL Highlights**
11.00 **EFL League One Goals**
11.30 **EFL League Two Goals**
12.00 NOON **WSL** Match highlights.
1.00 PM **EFL Highlights**
1.30 **SPFL Highlights**
2.00 **EFL Highlights** Championship.
3.30 **WSL** Everton v Brighton.
4.00 **EFL Highlights**
5.00 **EFL League One Goals**
5.30 **EFL League Two Goals**
6.00 **SPFL Highlights**
6.30 **Bundesliga Highlights Show**
7.30 LIVE **EFL** **Norwich City v Coventry City.** Coverage of the Championship match at Carrow Road, as the teams meet for the second time this season. Kick-off **8.00pm**.
10.30 **Bundesliga Highlights Show**
11.30 **EFL Greatest Games**
12.00 M'T **Championship Retro**
2.00 AM **EFL Greatest Games**
4.00 **EFL Cup** The 2021 final.
5.00 **Best Goals: EFL Cup 2020/21**
5.30 **to 6.00** AM **EFL Trophy**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **Big Bash League**
7.00 **Best of ICC WT20**
7.15 LIVE **ICC Under-19s World Cup Cricket** Coverage of a play-off match staged at Harare Sports Club in Zimbabwe, featuring the fourth-placed teams from Group B and Group C.
3.00 PM **Best of ICC WT20**
3.30 **Best of England v South Africa**
3.45 **Best of ICC WT20**
4.00 **Big Bash League** The final.
5.00 **SA20** Highlights of the final.
6.00 **Big Bash League** Highlights from the final of the competition.
7.00 **SA20** Highlights of the final.
8.00 **WPL** Action from Mumbai Indians v Royal Challengers Bengaluru. **9.00** Highlights of Delhi Capitals v Royal Challengers Bengaluru. **10.00** Mumbai Indians v Royal Challengers Bengaluru.
11.00 **SA20** Highlights of the final.
12.00 M'T **Big Bash League** Another chance to see the final.
3.20 AM **Best of Jimmy Anderson: 500th Wicket** From 2017.
3.30 **Best of England v South Africa**
3.45 **Best of ICC WT20**
4.00 **SA20** Highlights of the final.
5.00 **to 6.00** AM **WPL**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **Chronicles of a Champion Golfer** Profiles of leading players.
7.00 **DP World Tour Golf** The fourth day of the Dubai Desert Classic.
1.00 PM **PGA Tour Golf** A replay of day four of the American Express.
4.00 **Nick Dougherty's Tee Time Tips**
4.30 **You Can Play Golf**
5.00 **Beyond the Scorecard**
6.00 **DP World Tour Golf**
7.00 **PGA Tour Golf** American Express.
8.00 **Rory's 2025** A look at a year in the career of Rory McIlroy.
9.30 **The Big 5 Roundtable**
11.30 **You Can Play Golf**
12.00 M'T LIVE **TGL** **Boston Common Golf Club v The Bay Golf Club.** Coverage of the team match staged at SoFi Center in Palm Beach, Florida.
2.00 AM **PGA Tour Golf**
4.00 **Best of the Open Zone 2016**
5.00 **to 6.00** AM **Roots**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **ATP/WTA Tour Classics**
8.00 **WTA & ATP Tennis**
12.00 NOON **ATP/WTA Tour Classics**
2.00 PM **US Open Classic Matches**
4.00 **ATP Tour Classic Matches**
6.00 **WTA & ATP Tennis** Highlights from the Auckland Open finals.
8.00 **WTA Tennis** Action from the Abu Dhabi Open final. **9.00** The Cluj Open final at BT Arena in Cluj-Napoca, Romania.
10.00 **ATP/WTA Tour Classic Matches**
12.00 M'T **US Open Classic Matches**
2.00 AM **WTA Tennis** Event action.
4.00 **to 6.00** AM **ATP Tour Classics**

TNT Sports 1

410 413 521 408 430

6.00 AM LIVE **Australian Open** Coverage of day nine of the opening Grand Slam event of the season, featuring fourth-round matches at Melbourne Park.
1.30 PM **The Football Archives: UEFA Champions League**
2.00 LIVE **German Masters Snooker** The opening day staged at Tempodrom in Berlin. Kyren Wilson won last year's final against fellow Englishman Barry Hawkins.
5.00 **UEFA Europa League & Conference League Magazine**
5.30 **Champions League Magazine**
6.00 **Premier League Stories**
6.30 **Premier League: Big Interview**
7.00 LIVE **German Masters Snooker** Further coverage of the first day at Tempodrom in Berlin.
10.00 **Fight Week** UFC 325 preview.
10.30 **International T20 Cricket Highlights** India v New Zealand at ACA Stadium in Guwahati.
11.30 **One-Day International Cricket** Highlights of Sri Lanka v England.
12.30 AM LIVE **Australian Open** Day 10 of the opening Grand Slam of the season, featuring quarter-final matches from Melbourne Park.
5.30 **to 6.00** AM **PL: Big Interview**

TNT Sports 2

411 414 522 409 431

6.00 AM **TNT Sports Reload**
6.30 LIVE **A-League** **Melbourne Victory v Sydney FC.** The Australian top-flight match at AAMI Park. Kick-off **6.30am**.
8.30 **Premier League** A replay of West Ham United v Sunderland.
10.00 **Serie A** Italian football highlights.
12.00 NOON LIVE **Ski Mountaineering World Cup** Coverage of the sprint race staged in Pal Arinsal, Andorra.
1.00 PM **Fishing: On the Bank**
2.00 LIVE **German Masters Snooker** Coverage of the first day at Tempodrom in Berlin.
5.00 **Cyclocross** In Hoogerheide.
6.00 **A-League** Highlights from Melbourne Victory v Sydney FC.
7.00 LIVE **German Masters Snooker** Further coverage of the opening day's play from Berlin.
10.00 **The Muddy Roots of Football**
10.30 **The Gallagher PREM**
1.30 AM **Serie A** Italian football action.
3.30 **Champions League Magazine**
4.00 **UEFA Europa League & Conference League Magazine**
4.30 **Spirit of Yachting**
5.00 **to 6.00** AM **International T20 Cricket Highlights**

Sky Sports NFL

412 410 517 507 426 446

6.00 AM **NFL Highlights**
10.00 **NFL Bitesize Highlights**
11.00 **NFL Highlights**
12.00 NOON **NFL Bitesize Highlights**
1.00 PM **Good Morning Football**
3.00 **NFL Highlights**
5.00 **NFL Bitesize Highlights** Key moments from New England Patriots v Los Angeles Chargers. **5.15** Brief highlights of Carolina Panthers v Los Angeles Rams. **5.30** AFC Championship game. **5.45** NFC Championship game.
6.00 **NBC's Pro-Football Talk** Mike Florio and Chris Simms present this NFL talk show, as they discuss and debate the biggest stories from around the league.
8.00 **NFL Highlights** Action from the NFC Championship game. **9.00** AFC Championship game.
10.00 **NFL Bitesize Highlights** Key moments from New England Patriots v Los Angeles Chargers. **10.15** Brief highlights of Carolina Panthers v Los Angeles Rams. **10.30** AFC Championship game. **10.45** NFC Championship game.
11.00 **NFL Highlights** New England Patriots v Los Angeles Chargers.
12.00 M'T **The Insiders** NFL news.
1.00 **to 6.00** AM **NFL Highlights**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **Sky Sports Catch Up**
7.00 **Sky Sports Breakfast**
9.00 **Ref Watch** Analysing decisions.
10.00 **Sky Sports FC**
12.00 NOON **Lunchtime Live**
1.50 PM LIVE **WPL** **Mumbai Indians v Royal Challengers Bengaluru.** The women's T20 match at Baroda Cricket Association Stadium in Vadodara. The Indians are reigning champions, while Bengaluru missed out on the 2025 play-offs.
5.30 **The Premier League Show**
7.00 **The Transfer Show**
8.00 **Sports Centre**
10.00 **Sky Sports News**
10.30 **Back Pages Tonight**
11.00 **Sky Sports News**
11.30 LIVE **NBA Basketball** **Cleveland Cavaliers v Orlando Magic.** Coverage of the Eastern Conference match staged at Rocket Arena. Tip-off **12.00m't**.
2.30 AM LIVE **NBA Basketball** **Minnesota Timberwolves v Golden State Warriors.** Coverage of the Western Conference encounter staged at Target Center. Tip-off **2.30am**.
5.30 **to 6.00** AM **Sky Sports News**

Sky Sports Mix

416 412 510 429 449

6.00 AM **Big Bash League**
7.00 **Best of England v South Africa**
7.15 LIVE **ICC Under-19s World Cup Cricket** Coverage of a Super Six match at Queens Sports Club in Bulawayo, Zimbabwe, where the Group C winners face the runners-up in Group B.
3.00 PM **Best of England v South Africa** Action from the archives.
3.15 **Best of ICC WT20**
3.30 **NFL Bitesize Highlights**
4.00 **Big Bash League** The final.
5.00 **PGA Tour Golf** The Sony Open.
6.00 **NFL Highlights** Recent action.
8.00 **Spirit of Yachting**
8.30 **Best of ICC WT20**
8.45 **Best of England v South Africa**
9.00 **SA20** Highlights of the final.
10.00 **WTA Tennis** Brisbane Open final.
11.00 **State of Origin Rugby League**
12.00 M'T **PL Greatest Games**
1.00 AM LIVE **NBA Basketball** **Boston Celtics v Portland Trail Blazers.** Coverage of the inter-conference match staged at TD Garden. Tip-off is at **1.00am**.
3.30 **EFL Greatest Games**
4.00 **to 6.00** AM **PDC Classics**

TNT Sports 3

413 415 523 410 432

6.00 AM LIVE **Australian Open** Day nine at Melbourne Park, featuring fourth-round matches.
1.30 PM **The Gallagher PREM** Highlights from Gloucester v Bath. **2.30** Harlequins v Leicester Tigers. **3.30** Highlights from Sale Sharks v Northampton Saints. **4.30** Exeter Chiefs v Bristol Bears.
5.30 **The Gallagher PREM**
5.45 **Playing for Our Future: Rugby**
6.00 LIVE **Ultimate Pool** Coverage of Group Four of the Women's Champions League, as leading eight-ball players battle it out.
9.30 **Women's Cycling Pro Series** Action from Challenge Mallorca and Trofeo Binissalem-Andratx.
10.30 **Premier League: Big Interview**
11.00 **Australian Open** Highlights from the ninth day at Melbourne Park.
12.30 AM LIVE **Australian Open** Day 10, featuring quarter-final matches at Melbourne Park.
5.30 **to 6.00** AM **The Monuments**

TNT Sports 4

414 416 524 411 434

6.00 AM LIVE **Australian Open** Day nine, featuring fourth-round matches at Melbourne Park.
10.30 **Playing for Our Future: Rugby**
10.45 **International T20 Cricket**
11.45 **Lions Uncut: Australia 2025**
1.30 PM **Spirit of Yachting**
2.00 LIVE **Women's Cycling Pro Series** The Challenge Mallorca and Trofeo Binissalem-Andratx.
3.30 **The Football Archives**
4.00 **International T20 Cricket Highlights** India v New Zealand.
5.00 **One-Day International Cricket**
6.00 **Australian Open** The ninth day.
7.30 **Spirit of Yachting**
8.00 **WRC Review** Rally Monte Carlo.
9.00 **Fishing: On the Bank**
10.00 **Champions League Highlights**
12.00 M'T **UEFA Europa League & Conference League Highlights**
1.00 AM **A-League** Football action.
2.00 **German Masters Snooker**
4.00 **Women's Cycling Pro Series**
5.00 **to 6.00** AM **A-League**

Premier Sports 1

419 551

6.00 AM **Sporting Greats**
7.00 **Argentine Primera**
9.00 **United Rugby Championship** A replay of Munster v Dragons. **11.00** Scarlets v Ulster.
1.00 PM **Sporting Greats**
2.00 **NHL Ice Hockey**
3.00 **United Rugby Championship** A replay of Connacht v Leinster.
5.00 **LaLiga** Alaves v Real Betis.
6.55 **URC in 60** The 10th round.
7.55 LIVE **LaLiga** **Girona v Getafe.** Coverage of the Spanish top-flight match from Estadi Montilivi. Kick-off **8.00pm**.
10.00 **Sporting Greats**
10.30 **URC in 60** The 10th round.
11.30 **NHL Ice Hockey** Vancouver Canucks v Pittsburgh Penguins.
1.30 AM LIVE **NHL Ice Hockey** **Edmonton Oilers v Anaheim Ducks.** Coverage of the Western Conference encounter from Rogers Place. Face-off **1.30am**.
4.30 **to 6.00** AM **NHL Ice Hockey**

Premier Sports 2

420 552

6.00 AM **Eredivisie** Ajax v Volendam.
8.00 **NHL Ice Hockey** Ottawa Senators v Vegas Golden Knights.
10.00 **Football's Greatest**
11.00 **United Rugby Championship** A replay of Edinburgh v Bulls. **1.00** PM Stormers v Sharks.
3.00 **Temples of Sport**
3.30 **United Rugby Championship** Zebre Parma v Glasgow Warriors.
5.30 **LaLiga** Rayo Vallecano v Osasuna.
7.30 **Elite Ice Hockey League** Glasgow Clan v Coventry Blaze.
9.30 **Football's Greatest**
10.00 **NHL Ice Hockey** Toronto Maple Leafs v Colorado Avalanche.
12.00 M'T LIVE **NHL Ice Hockey** **Tampa Bay Lightning v Utah Mammoth.** Coverage of the inter-conference match staged at Benchmark International Arena. Face-off **12.00m't**.
3.00 AM **Temples of Sport**
4.00 **to 6.00** AM **Top 14 Rugby Union**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **The Best of F1 2025**
8.00 **Formula 2** Belgian Grand Prix.
10.40 **Ted Lego Feature**
10.45 **The Story of the 2025 Season**
10.55 **F1 Explained: Driver Extraction**
11.00 **Formula 1** Belgian Grand Prix.
2.05 PM **Ted's Notebook**
2.35 **F1 Explained**
2.40 **Formula 1** Another chance to see the 2025 Belgian Grand Prix.
8.30 **Ted's Notebook**
9.00 **Ted's Testing Podbook**
9.30 **Formula 1** Highlights from the 2025 Belgian Grand Prix.
10.30 **Ted's Testing Podbook**
11.00 **Formula 1** Hungarian Grand Prix. **12.00** M'T Dutch Grand Prix.
1.00 **to 6.00** AM **The Best of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Tuesday

27 January

Evening Planner

Factual

Inside the Factory

BBC1, 8pm

Paddy McGuinness learns what makes Special K so special, while Cherry Healey helps harvest wheat for breakfast cereal.

Entertainment

RuPaul's Drag Race UK vs the World

BBC3, 9pm

Nine *Drag Race* Royal alumni compete in a special champion of champions series.

Documentary

999: What Happened Next

C4, 10.05pm (box set, C4 Streaming)

Four-part documentary series following frontline detectives at work, starting with the fatal stabbing of a thief in Suffolk.

OnDemand

NETFLIX

Take That

Available today

Documentary telling the story of the iconic boy band, from their Manchester beginnings to their epic comeback.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Inside the Factory		9.00 Waterloo Road		10.00 News; Local News	
	102 BBC2	7.00 Rick Stein's Australia		8.00 A House Through Time: Two Cities at...		9.00 QI XL	9.45 Live at the Apollo		10.30 Newsnight
	103 ITV1		7.15 The Martin Lewis Money...	8.00 Emmerdale	8.30 Coronation...	9.00 Killer in the House: The Murders of...		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 What Not to Eat		9.00 24 Hours in Police Custody: Burying Horror		10.05 999: What Happened Next	
	105 5	7.00 Supermarket Own-Brands: The Big...		8.00 Dogs Behaving (Very) Badly		9.00 The Good Ship Murder		10.00 Street Cops: Catching the Yobs	
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 Rob & Romesh vs Team GB: Winter...		9.00 Never Mind the Buzzcocks		10.00 Romesh: Can't Knock the Hustle	
ENTERTAINMENT	115 BBC3		7.05 SpongeBob...	7.30 The Weakest Link	8.15 Alan Carr's Picture Slam	9.00 RuPaul's Drag Race UK vs the World		10.15 Things You Should Have...	
	116 BBC4	7.00 Great British...	7.30 Wainwright...	8.00 Yes, Prime Minister		9.00 Henry VIII's Enforcer: The Rise and...		10.00 Philip Larkin...	10.30 The Great...
	118 ITV2	7.00 Deal or No Deal		8.00 The Real Housewives of Orange County		9.00 Love Island: All Stars		10.05 Grosse Pointe Garden Society	
	136 MORE4	‹ 6.55 Car S.O.S.				9.00 Saving Country Houses with Penelope...		10.00 24 Hours in A&E	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 First Dates		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Police 24/7		8.00 Law & Order: Criminal Intent		9.00 Law & Order: Special Victims Unit		10.00 Fire Country	
	108 SKY ATLANTIC	‹ 6.50 Game of Thrones				9.00 Succession			
	110 U&GOLD		7.20 Dad's Army	8.00 The Vicar of Dibley				10.00 Men Behaving Badly	10.40 Vicar...
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 Have I Got a Bit More News for You		10.00 QI XL	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Vera				10.00 Foyle's War	
	120 ITV4	7.00 More Than Machine		8.00 World Rally Championship Highlights		9.00 Ice Road Truckers		10.00 Wrestling: AEW Collision	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: Dodgeball: A True Underdog Story			
	152 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate SG-1		9.00 Film: The Tomorrow Job			
	113 SKY MAX	7.00 Stargate SG-1		8.00 Rob & Romesh vs Team GB: Winter...		9.00 Film: No Escape			
	109 U&ALIBI	7.00 Miss Fisher's Murder Mysteries		8.00 Death in Paradise		9.00 Dark Winds		10.00 Death in Paradise	
	124 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 The World in a Painting: Ingres' Diamond			9.15 Katharine Hepburn: Call Me Kate		
	132 U&W	7.00 My Kitchen Rules: New Zealand			8.30 Inside the...	9.00 One Born Every Minute		10.00 Pete Wicks: For Dogs' Sake	
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers				9.00 Gold Rush			
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Guardians of the Glades		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Liberation: D-Day to Berlin		9.00 Hitler's Last Stand		10.00 Nazi Megastructures: Battle Ready	
	123 SKY HISTORY	7.00 Auschwitz – Countdown to Liberation				9.00 Hitler's Holocaust Railways with Chris Tarrant			10.30 Auschwitz...
	155 U&YESTERDAY	7.00 Great Canal Journeys		8.00 Flipping Bangers		9.00 Bangers & Cash			
	121 SKY DOCS	7.00 Telemarketers		8.00 Murder at the Post Office		9.00 Salt Path: A Very British Scandal			
FILMS – Sky Cinema	301 PREMIERE	‹ 6.30 Smurfs		8.10 Xeno				10.00 The Toxic Avenger	
	302 FEEL GOOD	‹ 6.05 50 First Dates		8.00 Valentine's Day				10.10 Miss Congeniality	
	303 BRIT HITS	‹ 6.10 Adult Life Skills		8.00 Love Actually				10.20 Yesterday	
	304 GREATS	‹ 6.10 Shirley Valentine		8.00 Singin' in the Rain			9.45 Arthur		
	305 ANIMATION	‹ 5.40 Boss Baby	7.25 Deep Sea				9.30 Paws of Fury: The Legend of Hank		
	306 FAMILY	‹ 6.00 IF		7.55 Hook				10.25 Wicked	
	307 ACTION	‹ 5.20 Transformers: Revenge of the Fallen		8.00 Mad Max: Fury Road				10.10 The Mummy Returns	
	308 COMEDY	‹ 6.25 Sixteen Candles		8.00 13 Going on 30			9.40 One of Them Days		
	309 THRILLER	‹ 5.45 Red Dragon		8.00 The Bourne Legacy				10.20 The Krays	
	310 DRAMA	‹ 6.05 Two Mules for Sister Sara		8.00 Amadeus					10.40 Night...
	311 SCI-FI	‹ 6.05 Annabelle: Creation		8.00 Cloverfield			9.35 10 Cloverfield Lane		
	313 FILM4	‹ 6.50 Flight of the Phoenix				9.00 Knock at the Cabin			
SPORT	401 MAIN EVENT	7.00 Gillette Labs...	7.30 EFL – Live: Doncaster Rovers v Leyton Orient (Kick-off 8.00)						10.30 Back Pages...
	402 PREMIER LEAGUE	7.00 Gillette Labs Soccer Special						10.15 PL Review	
	403 FOOTBALL	7.00 EFL Highlights	7.30 EFL – Live: Doncaster Rovers v Leyton Orient (Kick-off 8.00)						10.30 SPFL Round-Up
	405 CRICKET	7.00 WPL							
	410 TNT SPORTS 1	7.00 German Masters Snooker – Live: Further coverage from the second day of the tournament						10.15 Fight Week	
	411 TNT SPORTS 2	7.00 German Masters Snooker – Live: Further coverage from the second day of the tournament						10.00 Fishing: On the Bank	

‹ Denotes programmes starting before 7.00pm † Regions vary

TUESDAY

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Tuesday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Rip Off Britain** (S)(R)
11.15 **Homes Under the Hammer** New edition From Dorset. (S)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Lost and Found in the Lakes** New edition A lost camera. (S)(AD)
2.30 **Marcus Wareing Simply Provence** Lamb production. (S)(R)
3.00 **Escape to the Country** New edition A rural retreat. (S)
3.45 **The Travelling Auctioneers** (S)(R)
4.30 **Antiques Road Trip** New edition Antique-hunting in Somerset. (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

10.40 Waterloo Road

7 PM
7.00 The One Show Alex Jones and Roman Kemp present the topical show. (S)
7.30 EastEnders Vicki confides in Zack, Max makes a shocking admission, while Elaine and Ian's feud gets out of hand. (S)(AD)

8 PM
8.00 Inside the Factory New edition 5/6. Paddy McGuinness visits the Kellogg's factory in Wrexham, where 120 million boxes of breakfast cereal are produced every year, to discover the secrets behind Special K. (S)(AD)

9 PM
9.00 Waterloo Road New episode 7/8. Darius takes charge in Stella's absence, but the return of a familiar face stirs up old tensions. A revelation forces Stella to see things in a new light. (S17) (S)(AD)
■ Concludes at 10.40pm

10 PM
10.00 BBC News (S)
10.30 Local News (S)
10.40 Waterloo Road Series finale 8/8. It's the prom and Darius is closer than ever to landing the top job. But as Nisha begins to see him in a new light, she grows uneasy about what he might have done to get there. (S17) (S)(AD)
11.40 Things You Should Have Done 4/6. Chi plans to break into Ramsgate College in the hope of gaining a qualification. (S)(R)
12.05 AM 5/6. Chi decides to go in search of a life partner. (S)(R)
12.35 6/6. Chi sees Halloween as a chance to finally say goodbye to her childhood. (S2) (S)(R)
1.05 Weather for the Week Ahead (S)
1.10 to 6.00 AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.00 AM **Lost and Found in the Lakes**
6.30 **The Travelling Auctioneers** (S)(R)
7.15 **Bargain Hunt** (S)(R)
8.00 **Sign Zone: Weatherman Walking: The Welsh Coast** (S)(R)
8.30 **Sign Zone: Robson Green's Weekend Escapes** (S)(R)(AD)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Impossible** Quiz show. (S)(R)
1.45 **Brainbox Challenge** (S)(R)
2.15 **The Boss** Quiz show. (S)(R)
3.00 **The Vintage French Farmhouse**
3.45 **Who Do You Think You Are? USA**
4.15 **Earth's Greatest Spectacles** (S)(R)
5.15 **Flog It!** From Manchester. (S)(R)
6.00 **Richard Osman's House of Games** New edition Quiz. (S)
6.30 **Clive Myrie's African Adventure** New edition 2/10. In Durban, Clive joins an anti-poaching team. (S)

9.45 Live at the Apollo

7.00 Rick Stein's Australia New edition 4/6. Rick leaves the verdant coast and turns inland, exploring the vast plains of Moree and Bourke and the food heritage of its resilient and pioneering farm communities. (S)(AD)

8.00 A House Through Time: Two Cities at War 4/4. One Berlin resident falls under suspicion when a plot to kill Hitler is exposed, and in London, a woman waits patiently for news when her husband is captured. (S)(R)(AD)

9.00 QI XL New edition *Wordmongery:* Michael Odewale, Cally Beaton and Gyles Brandreth join Sandi Toksvig and Alan Davies for a spot of wordmongery. (S)
9.45 Live at the Apollo New edition 6/7. Host Tom Davis welcomes comedians Kae Kurd and Louise Young to the stage of London's Hammersmith Apollo. (S)
10.30 Newsnight (S)

11.00 FILM Defiance World War Two drama starring Daniel Craig. In 1941 Byelorussia, four Jewish brothers form their own partisan band with other refugees and wage a guerrilla war on the invading German army. (S)(AD) (2008, 15, 125min) ★★★★
1.05 AM **Sign Zone: What We Do in the Shadows** 3/11. (S6) (S)(R)(AD)
1.35 Sign Zone: Inside the Factory (R)
2.35 Sign Zone: Can You Keep a Secret? 3/6. (S1) (S)(R)(AD)
3.05 to 6.15 AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
9.30 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** New edition David and his team visit the Royal Armouries Museum in Leeds, where items include an impressive gold jewellery collection. (S)(AD)
3.00 **Time Is Money** New edition Quiz show hosted by Sara Davies. (S)
4.00 **Deal or No Deal** New edition Stephen Mulhern hosts as contestant Chris tries to open the 22 red boxes in the right order. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

9.00 Killer in the House

7.15 The Martin Lewis Money Show: Live New edition In his Big Briefing, Martin shows viewers how best to slash the costs of car and home insurance, whether through switching and ditching or haggling over the price. (S)

8.00 Emmerdale Rhona has a visitor, while Kim and Joe are floored. (S)(AD)
8.30 Coronation Street Theo wrestles with his conscience ahead of Billy's funeral, while Megan resolves to confront Sam. (S)(AD)

9.00 NEW Killer in the House: The Murders of Lesley Howell and Trevor Buchanan Examining the case of one of the UK's most notorious double murders, when two married people having an affair decided to kill their spouses. (S)(AD)

10.00 ITV News (S)
10.30 Local News (S)
10.45 Long Lost Family The cases of Scott, who discovered his mother and father were actually his grandparents, and Jackie, who found out her mother had another daughter. (S)(R)
11.45 Sorry, I Didn't Know With Suzi Ruffell, Humza Arshad, Angellica Bell and Daliso Chaponda. (S)(R)
12.10 AM **Teleshopping**
3.00 Tour de Fred: Ireland – Part Deux 4/5. Fred Sirieix takes to the roads of Cork City, testing his stamina with a cycle challenge up St Patrick's Hill. (S)(SL)(R)
3.50 Unwind with ITV (S)
5.05 to 6.00 AM **Deal or No Deal** (S)(R)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 | 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 2-4/22. (S7) (S)(R)
7.50 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 9-12/24. (S10) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Car S.O.S** (S)(R)(AD)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** New edition A Dumfries couple come close to finishing their holiday let in Bulgaria. (S)
5.00 **Chateau DIY: Win the Dream** New edition Max is joined by *Chateau DIY*'s Stephanie Jarvis to put the contestants' entertainment spaces to the test. (S)(AD)
6.00 **A Place in the Sun** New edition Laura Hamilton helps a couple find a property in northern Tuscany. (S)

8.00 What Not to Eat

7.00 News (S)

8.00 What Not to Eat Series finale 4/4. Tim Spector and Kandi Ejiofor show the chemicals that can be found in diet drinks, reveal the benefits of freezing bread, and look at the affects of nutritious recipes on a person's health. (S)(AD)

9.00 24 Hours in Police Custody: Burying Horror New edition The investigation into one of the country's worst serial paedophiles, which took officers to ever darker places with the discovery of large bones in the offender's garden. (S)(AD)

10.05 NEW SERIES 999: What Happened Next 1/4. Following the work of investigators as they try to bring the guilty to justice, beginning with the fatal stabbing of a suspected thief. (S)(AD)
■ Entire series on C4 Streaming

11.10 Manhunt Documentary. (S)(R)(AD)
12.10 AM **FILM Night Will Fall** The story of a shelved documentary about Nazi concentration camps. (S)(AD) (2014, 15, 75min) ★★★★★
1.25 Ramsay's Kitchen Nightmares USA From Los Angeles. (S)(SL)(R)
2.10 Couples Come Dine with Me (R)
3.00 Remarkable Places to Eat (S)(R)
3.55 Jamie's £1 Wonders (S)(SL)(R)
4.50 Kirstie and Phil's Love It or List (R)
5.45 to 6.25 AM **Countdown** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** Debate on the day's biggest stories. (S)
2.00 **Vanessa** Topical discussion. (S)
3.00 **The Madame Blanc Mysteries** *Kidnap:* 5/6. A birthday celebration is interrupted by a kidnapping. (S3) (S)(R)(AD)
4.00 **Bargain-Loving Brits in the Sun** New edition Entertainer Andy hopes his Benidorm career will take flight. (S)
5.00 **News** (S)
6.00 **The Motorway** High in the Pennines on the M62, a driver gets trapped in the snow in a dangerous location. (S)(R)
6.55 **News** (S)

8.00 **Dogs Behaving (Very) Badly**

7.00 **Supermarket Own-Brands: The Big Taste Test** A look at how supermarkets are trying to produce cakes and bakes that can compete with the big brands. (S)(R)
7.55 **News** (S)

8.00 **Dogs Behaving (Very) Badly** New edition Graeme meets a labradoodle with a dirty obsession and encounters one of the most destructive dogs he has ever seen. (S)

9.00 **The Good Ship Murder** New episode *Cape Verde:* 5/8. When two widows on a grief cruise depart the ship in Cape Verde to visit a shrine, one of them is found murdered. (S3) (S)(AD)

10.00 **Street Cops: Catching the Yobs** Police put a specialist team of officers together to bring in a man who has been terrorising Northamptonshire locals with his dangerous dogs for months. (S)(R)

11.05 **Fare Dodgers: At War with the Law** Documentary. (S)(R)
12.05 AM **Call the Bailiffs: Time to Pay Up** (S)(R)(AD)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **World's Most Scenic Railway Journeys** From Portugal. (S)(R)
3.45 **Susan Calman's Grand Week by the Sea** From Dorset. (S)(R)
4.35 **The Highland Vet** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate SG-1** (S6) (S)(R)
11.00 **Pride Rules** (S)(R)
12.00 NOON **The Flash** (S8) (S)(R)
1.00 PM **Hawaii Five-0** (S9&10) (R)
3.00 **S.W.A.T.** 5/18. (S4) (S)(R)(AD)
4.00 **NCIS: Los Angeles** (S13) (S)(R)
5.00 **The Simpsons** *Bart Gets an F:* Bart pulls out all the stops to pass a school exam. (S)(R) **5.30** *The Tell-Tale Pants:* Marge secretly spends a surprising windfall on herself. (S)(R)
6.00 **The Office (US)** 4/6. Dwight and Jim try to ensure they do not lose their jobs. (S)(R) **6.30** 5/6. Michael challenges the warehouse staff to a basketball match. (S1) (S)(R)

10.00 **Can't Knock the Hustle**

7.00 **The Simpsons** *Simpson and Delilah:* Homer discovers a powerful hair-restorative. (S)(R) **7.30** *Two Cars in Every Garage and Three Eyes on Every Fish:* Mr Burns tries to become state governor. (S)(R)

8.00 **Rob & Romesh vs Team GB: Winter Special** 6/6. Part two of two. Rob and Romesh conclude their foray into the world of winter sports at the World Curling Championships in Fredericton, Canada. (R)

9.00 **Never Mind the Buzzcocks** Guests Alex James, Julian Clary and Sister Bliss join Greg Davies, Noel Fielding and Jamali Maddix, with Mel B standing in as captain for a 1990s special. (S)(R)(AD)

10.00 **Romesh: Can't Knock the Hustle** 1/4. Romesh Ranganathan embarks on a mission across India, USA, South Korea and Canada, interrogating, unravelling and debunking his stand-up material. (S)(R)

11.30 **The Force: North East** New homeowners get a shock when they discover a cannabis farm in their loft. (S)(R) **12.30** AM A raid on the house of a suspected dealer leads officers to a drugs den. (S)(R)
1.30 **Road Wars** Double bill of the documentary series. (R)
3.00 **S.W.A.T.** 5/18. (S4) (S)(R)(AD)
4.00 **NCIS: Los Angeles** (S13) (S)(R)
5.00 **to 6.00** AM **Highway Patrol** (R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
11.40pm Scotcast **12.10am** Things You Should Have Done **1.35** Weather for the Week Ahead **1.40-6.00am** BBC News
N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
9.00-10.00pm NEW Confessions of a Killer **10.40** Waterloo Road New episode **11.40** Waterloo Road Series finale **12.40am** Industry New episode **1.40-6.00am** BBC News
WALES
Sky **965**, Virgin **864**, Freesat **965**
No variations

BBC2

N. IRELAND
Sky **969**, Freesat **969**
9.45pm Gardening Together with Diarmuid Gavin **10.00-10.30** Farm 999 **11.00** Live at the Apollo New edition **11.50** Barra on the Foyle **12.05-1.05am** Sign Zone: Question Time
WALES
Sky **968**, Freesat **968**
1.45pm First Minister's Questions **2.45** Brainbox Challenge **3.15** The Boss **4.00** The Vintage French Farmhouse **4.45-5.15pm** Who Do You Think You Are? USA

ITV1

As main ITV1 except:
WALES
10.45-11.45pm Sharp End

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Gwladfa: Gwilym Bowen Rhys **12.30** Heno **1.00** Welsh Whisperer – Ni'n Teithio Nawr! **1.30** Ffermio **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** 6 Gwlad Shane ac Ieuan **4.00** Awr Fawr **5.00** Stwnsh **6.00** Cysgu O Gwmpas **6.25** Darlliediad Gwleidyddol New edition **6.30** Sgorio **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm **8.25** Rownd a Rownd **8.55** Newyddion a'r Tywydd **9.00** NEW Foden: O Brifathro I Bedoffeil **10.00** Taith Bywyd **11.00-11.35pm** Y Fets

TV&Satellite week
New issue on sale today

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **SpongeBob SquarePants**
7.30 **The Weakest Link** With journalists Sarah Smith, Kay Burley, Keme Nzerem, Vanessa Feltz, Jennie Bond, Michelle Ackerley, Lucrezia Millarini and Matt Allwright.
8.15 **Alan Carr's Picture Slam** Three pairs of contestants from Arbroath, Birmingham and Nottingham compete.
9.00 NEW SERIES **RuPaul's Drag Race UK vs the World** Nine international members of *RuPaul's Drag Race* Royal alumni compete.
10.15 **Things You Should Have Done** New episode 4/6. Chi breaks into Ramsgate College. **10.45** New episode 5/6. Chi looks for a life partner. **11.15** Series finale 6/6. Chi finally says goodbye to her childhood. (S2)
11.45 **The Beauty Queen and the Catfish** 1-3/3.
2.00 AM **Things You Should Have Done** 4-6/6. (S2)
3.30 **to 3.55** AM **My Mate's a Bad Date**

MORE4

136/137 127 147 18 124 15

8.55 AM **Strangers on a Plane**
9.30 **Find It, Fix It, Flog It**
10.25 **A Place in the Sun**
11.30 **Come Dine with Me**
2.10 PM **Four in a Bed**
4.50 **A Place in the Sun**
5.55 **Car S.O.S** Tim Shaw and Fuzz Townshend attempt to restore a Fiat X1/9 for 53-year-old owner Steve, who has terminal cancer.
6.55 **Car S.O.S** Tim and Fuzz work on their first custom car – a radically modified VW Beetle called a VW Wizard.
8.00 **Car S.O.S** Fuzz Townshend and Tim Shaw restore a 1980s Ford Escort XR3i to surprise a Leeds United fan on his 21st birthday.
9.00 **Saving Country Houses with Penelope Keith** New edition The owners of Elizabethan Pitchford Hall in Shropshire are puzzled by dangerous sinkholes on the estate, possibly caused by an extraordinary subterranean Georgian bathhouse.
10.00 **24 Hours in A&E** A patient is brought into St George's with a life-threatening abdominal aortic aneurysm.
11.05 **24 Hours in A&E** A patient is rushed in after breaking his leg playing American football.
12.10 AM **Saving Country Houses with Penelope Keith**
1.15 **24 Hours in A&E**
3.25 **to 3.55** AM **Food Unwrapped**

+1 hour 236/237 347 125

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Great British Railway Journeys** In West Yorkshire, Michael Portillo travels from Wakefield to Leeds.
7.30 **Wainwright Walks**. The heart of the Lake District.
8.00 **Yes, Prime Minister** Jim gets wind of a major financial scandal in the City. **8.30** Jim plans to reform the system of local government.
9.00 **Henry VIII's Enforcer: The Rise and Fall of Thomas Cromwell** A profile of the 16th-century lawyer and statesman.
10.00 **Philip Larkin and the Third Woman** A previously unknown work by the poet.
10.30 **The Great American Buffalo** 1/2. Ken Burns recounts the collision between two opposing views of the natural world.
12.25 AM **Great British Railway Journeys** As 7.00pm.
12.55 **Wainwright Walks**
1.25 **Henry VIII's Enforcer: The Rise and Fall of Thomas Cromwell**
2.25 **to 3.25** AM **Wild China**

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Goldbergs**
10.00 **Modern Family**
11.00 **Ramsay's Kitchen Nightmares USA**
1.00 PM **Brooklyn Nine-Nine**
2.00 **The Simpsons**
3.00 **The Goldbergs**
4.00 **Modern Family**
5.00 **Brooklyn Nine-Nine**
6.00 **The Simpsons** Double bill.
7.00 **Hollyoaks** New mum Cleo continues to struggle, while tensions rise with Sienna.
7.30 **The Simpsons** *Postcards from the Wedge:* A scheming Bart plays his parents off against one another.
8.00 **First Dates** Hopeful visitors include a woman who has never had a boyfriend who connects with her date over a shared love of fashion.
9.00 **Gogglebox** *Britain's Got Talent*, *I Kissed a Girl* and *MILF Manor* are appraised.
10.00 **Gogglebox** Opinions on the Eurovision Song Contest and *Love Triangle Australia*.
11.05 **Open House: The Great Sex Experiment**
12.05 AM **Naked Attraction**
1.10 **First Dates**
2.10 **Gogglebox**
3.55 **The Goldbergs**
4.45 **to 6.00** AM **Don't Tell the Bride**

+1 hr 235/236 306 30 123 256

Tuesday primetime

primetime

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

TUESDAY Entertainment

Tuesday

Sky Witness

107 107 110 341 356

6.00 AM **Nothing to Declare**
8.00 **Border Patrol**
9.00 **Send in the Dogs**
10.00 **Border Security: Canada's Front Line** Double bill.
11.00 **A1: Britain's Longest Road**
12.00 NOON **FBI** 22/22. (S4)
1.00 PM **The Rookie** 7/22. Nolan tries to lift Bailey's mood.
2.00 8/22. The team try to stop an explosive rampage. (S5)
3.00 **Watson** 2/13. A man with a bullet in his brain claims to be a Scottish soldier. (S1)
4.00 **Nothing to Declare**

7.00 Police 24/7

7 PM

7.00 Police 24/7 A disgruntled boss works with police to get a former employee arrested, and a traffic stop turns into a foot chase.

8 PM

8.00 Law & Order: Criminal Intent *Betrayed:* 13/22. A crime writer's husband disappears. Guest stars Brenda Strong. (S7)

9 PM

9.00 Law & Order: Special Victims Unit *Zone Rouge:* 5/13. A cryptic message sends SVU down a new track to find Maddie. (S25)

10 PM

10.00 Fire Country *Where There's Smoke:* 3/22. The crew stumble across a marijuana farm. (S1)

11.00 **The Rookie** 1/22. (S4)
12.00 M'T **FBI** 22/22. (S4)
1.00 AM **Law & Order: Criminal Intent** 9/22. (S7)
2.00 **Matlock** New episode (S2)
3.00 **Doc** New episode 10/22. (S2)
4.00 **Road Wars** Vehicle crime.
5.00 **to 6.00** AM **Send in the Dogs**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Urban Secrets**
7.00 **Richard E Grant's Hotel Secrets** In New Orleans.
8.00 **Boardwalk Empire** (S3)
10.10 **The Sopranos** 7&8/13. (S3)
12.20 PM **Game of Thrones** (S4)
2.30 **The Wire** 7&8/12. (S3)
4.40 **Westworld** 7/10. The Cradle comes under threat. (S2)
5.45 **Deadwood** 5/12. The townsfolk's gold claims are jeopardised. (S2)
6.50 **Game of Thrones** 3/10. Dontos spirits Sansa out of King's Landing. (S4)

9.00 Succession

7.55 Game of Thrones *Oathkeeper:* 4/10. Jaime visits Tyrion in jail, and has a mission for Brienne, while Jon asks for volunteers to go to Craster's Keep. (S4)

9.00 Succession *Lifeboats:* 3/10. Kendall tries to convince Rava to give their marriage a second chance.

10.05 Succession *Sad Sack Wasp Trap:* 4/10. The family attend an annual company gala overseen by Connor. (S1)

11.15 **Deadwood** As 5.45pm.
12.20 AM **The Sopranos** 7/13. Junior undergoes surgery.
1.30 8/13. Tony's generosity with Dr Melfi pays off. (S3)
2.25 **Game of Thrones** (S4)
4.35 **In Treatment**
5.05 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S9)
8.00 **The Flash** 16/20. (S8)
9.00 **Stargate SG-1** (S6)
11.00 **SEAL Team** 5/10. (S7)
12.00 NOON **The Flash** 17/20. (S8)
1.00 PM **Hawaii Five-0** (S9&10)
3.00 **S.W.A.T.** 5/18. (S4)
4.00 **NCIS: Los Angeles** 14/22. Callan and the team go undercover as art buyers. (S13)
5.00 **SEAL Team** 4/10. Bravo target a factory in Myanmar. (S7)
6.00 **Stargate SG-1** 19/22. Teal'c experiences a series of recurring dreams. (S6)

9.00 No Escape

7.00 Stargate SG-1 *Memento:* 20/22. The team search for a Stargate to get back home after becoming stranded in space. (S6)

8.00 Rob & Romesh vs Team GB: Winter Special The duo head to the World Curling Championships in Fredericton, Canada.

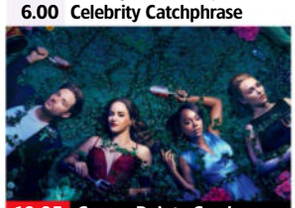
9.00 FILM No Escape Action thriller starring Pierce Brosnan and Owen Wilson. An American family relocate to an Asian nation, but battle to survive when a revolution sweeps the country. (2014, 15, 101 min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 **Fear the Walking Dead** 2/16. The Clark family arrive at their new home, and Strand faces resistance as he tries to hold power over his domain. (S3)
12.00 M'T **The Force: North East**
2.00 AM **Road Wars** Vehicle crime.
3.00 **S.W.A.T.** 5/18. (S4)
4.00 **NCIS: Los Angeles** (S13)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Celebrity Dinner Date**
8.30 **Olivia Marries Her Match**
9.20 **The Only Way Is Essex**
10.20 **Real Housewives of Miami**
11.15 **Real Housewives of Beverly Hills** Reality series.
12.10 PM **Dinner Date**
2.15 **The Only Way Is Essex**
3.15 **Real Housewives of Orange County** Reality series.
4.10 **Real Housewives of Miami**
5.00 **Real Housewives of Beverly Hills** Reality series.
6.00 **Celebrity Catchphrase**



10.05 Grosse Pointe Garden...

7.00 Deal or No Deal Stephen Mulhern hosts as Ush takes on the Banker for the chance to win life-changing money.

8.00 The Real Housewives of Orange County Jenn returns from the Bahamas and announces her engagement.

9.00 Love Island: All Stars New edition Famous former Islanders are given another shot at finding the one.

10.05 Grosse Pointe Garden Society New episode *Pollination:* 3/13. Brett tries to navigate shared custody. (S1)

11.05 **Family Guy** 14/20. The guys join the US Coast Guard.
11.35 6/20. Animation. (S16)
12.05 AM **American Dad!** (S13)
1.05 **Bob's Burgers** 12/22. (S12)
1.35 **Olivia Attwood's Bad Boyfriends** Reality show.
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Never the Twain**
6.30 **On the Buses**
7.05 **Classic Emmerdale**
7.35 **Classic Coronation Street**
9.10 **Inspector Morse** *Fat Chance.*
11.20 **Heartbeat** Double bill.
1.25 PM **Foyle's War** *Casualties of War:* The body of a local man is found near a military centre.
3.35 **Classic Emmerdale**
5.15 **Classic Coronation Street**
5.50 **Heartbeat** *Keeping Secrets:* Rob's sisters organise a surprise as the police officer prepares to marry Helen.

6.55 Heartbeat

6.55 Heartbeat *The Dying of the Light:* The policemen struggle to catch the culprits behind a spate of sheep rustling.

8.00 Vera *Tuesday's Child:* The detective investigates the discovery of a homeless young man's body in an area notorious for illicit teenage gatherings, and tries to discover how he ended up on the streets.

10.00 Foyle's War *Plan of Attack:* When an RAF officer is found hanged in a wood, the new chief superintendent is quick to dismiss it as a straightforward suicide.

12.00 M'T **Trial & Retribution** 1/2. A man vanishes while honeymooning in London, but there is little evidence to suggest foul play initally. (S9)
1.30 **to 2.30** AM **The Larkins**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Eat the Town** Natalie Erskine and Dazza Dowling visit Arbroath.
8.00 **Island Crossings** CalMac engineer Fergus Barlow drives in the annual Mull car rally
9.00 **The Ice Cream Wars** 1/2. The inside story of how Glasgow's housing schemes and the ice-cream vans that served them became central to a criminal war.
10.00 2/2. The trial of the men accused of starting the fire.
11.00 **Scotcast** Martin Geissler hosts a topical discussion on Scotland's biggest news stories.
11.30 PM **to 12.00** M'T **David Wilson's Crime Files** The criminologist examines cases of men who kill their families.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S2)
9.00 **Ballers** 1&2/10. (S1)
10.20 **Sex and the City** (S1)
11.30 **Entourage** (S2)
12.30 PM **Will & Grace** (S4)
1.30 **Sex and the City** (S1)
2.40 **Ballers** 2&3/10. (S1)
3.50 **And Just Like That...**
4.45 **The Office (US)** (S2)
5.45 **Will & Grace** (S4)
6.45 **Community** (S4)
7.45 **Sex and the City** 5/12. Charlotte models for a famous painter.
8.20 6/12. Carrie suspects that Big is ashamed of her. (S1)
9.00 **FILM The Accidental Husband** Romantic comedy starring Uma Thurman and Colin Firth. (2008, 12, 86min) ★
10.45 **And Just Like That...**
11.35 **Community** (S4)
12.35 AM **Entourage** (S2)
1.45 **Ballers** 3&4/10. (S1)
3.00 **Curb Your Enthusiasm**
4.20 **to 5.00** AM **Silicon Valley**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **Classic FM Live at the Movies**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **The Art of the Garden**
3.00 **Cleo Laine: The Unseen Home Movies**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **The World in a Painting: Ingres' Diamond**
9.15 **Katharine Hepburn: Call Me Kate**
11.15 **Elvis: Tortured Soul**
12.35 AM **Johnny Cash: Cash for Kenya**
2.00 **Landscape Artist of the Year** New edition
3.00 **National Theatre Live: Frankenstein**
5.00 **to 6.00** AM **National Treasures**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: Canada's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: Canada's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Stargate Atlantis** (S5)
5.00 **Stargate SG-1** (S2)
6.00 **Star Trek: Voyager** (S6)
7.00 **Star Trek: The Next Generation** 21/26. (S6)
8.00 **Star Trek: Deep Space Nine** *'Til Death Do Us Part:* 18/26. Kai Winn experiences a vision. (S7)
9.00 **Fire Country** 4/22. (S1)
10.00 **FBI: International** (S1)
11.00 **Grimm** 22/22. (S4)
12.00 M'T **Wynonna Earp** (S3)
1.00 AM **Caught on Dashcam**
2.00 **Brit Cops: Frontline Crime UK** Documentary.
3.00 **The Force: North East**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Quiz.
1.00 PM **Lingo** Game show.
2.00 **Tenable** Quiz show.
3.00 **Millionaire Hot Seat**
4.00 **Ridiculous** Quiz.
5.00 **Deal or No Deal**
6.00 **Lingo** Three sets of friends from Falkirk, Derby and Milton Keynes compete.
7.00 A couple from Bracknell, a mother and daughter from Wales, and a married couple from Milton Keynes take part in the quiz show.
8.00 Two colleagues from Warrington, friends from Anglesey and Stoke-on-Trent, and a father-and-son duo from Bristol take part.
9.00 **Wheel of Fortune** Graham Norton hosts the game show.
10.00 **Tipping Point** Triple bill of the quiz show.
12.55 AM **Tenable** Quiz show.
1.50 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **American Pickers**
11.00 **Find It, Fix It, Flog It**
12.00 NOON **A Place in the Sun** Triple bill.
3.00 PM **Kirstie and Phil's Love It or List It: Brilliant Builds**
3.30 **Come Dine with Me**
6.00 **Kirstie and Phil's Love It or List It**
7.00 **What Not to Eat** Kandi Ejiofor and Tim Spector examine the contents of breakfast cereals.
8.00 **Jamie's Feasts for a Fiver** Jamie Oliver prepares a Thai traybake.
9.00 **24 Hours in A&E** Three mothers who have triumphed over extraordinary adversity.
10.00 **The Secret of Me**
12.05 AM **Gogglebox**
2.05 **24 Hours in Police Custody: Burying Horror**
3.15 **In the Footsteps of Killers** Trevaline Evans.
4.10 **to 5.00** AM **24 Hours in A&E**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Big Match Revisited**
8.05 **Magnum, PI**
9.05 **Kojak**
10.10 **Boon**
11.20 **The Sweeney**
12.25 PM **Robin of Sherwood**
1.35 **Magnum, PI**
2.40 **Kojak**
3.45 **Boon**
4.50 **The Sweeney** *Jigsaw:* The prime suspect in an assault case has the perfect alibi.
5.55 **Minder** *Don't Tell Them Willie Boy Was Here:* Terry minds a boxer. Guest stars Alfred Marks.

5.55 Minder

7.00 **More Than Machine** Cameras follow the M-Sport WRC team during the 2024 season's third round in Kenya.
8.00 **World Rally Championship Highlights** Action from the Rallye Monte-Carlo, the opening round of the season.
9.00 **Ice Road Truckers** Tim Freeman is promoted to the position of lead driver, but a faulty rear light cuts his journey short.
10.00 **Wrestling: AEW Collision** Hard-hitting action, featuring stars including FTR, Thunder Rosa and Jon Moxley.
12.00 M'T **Dark Side of the Ring** A look at the tragedy that plagued the legenday Von Erich wrestling dynasty.
12.55 AM **Auf Wiedersehen, Pet**
1.50 **Minder**
2.50 **Unwind with ITV**
3.30 **to 4.00** AM **Auto Mundial**

+1 hour 220 318 118

Sky Sci-Fi

152 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 12/26. (S5)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 13/26. (S5)
2.00 **Blood & Treasure** (S2)
4.00 **Stargate SG-1** 1/22. (S2)
5.00 **Star Trek: Voyager** 5/16. The crew members search for dilithium crystals. (S1)
6.00 **Star Trek: The Next Generation** 12/26. Troi falls into a mysterious coma. (S5)

9.00 The Tomorrow Job

7.00 **Star Trek: Deep Space Nine** *For the Uniform:* 13/26. Sisko risks all to catch a wayward crew member. (S5)
8.00 **Stargate SG-1** *The Serpent's Lair:* 1/22. Part three of three. Earth is threatened with total destruction. (S2)
9.00 **FILM The Tomorrow Job** Sci-fi adventure starring Grant Schumacher, Ariella Mastroianni and Caitlin Duffy. A group of thieves use a time-travel drug to steal the future's secrets – but the process goes wrong. (2023, 15, 105min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.00 **Wynonna Earp** 4/12. The Earp heir and her fellow Black Badge bearers face a ferocious new threat. (S2)
12.00 M'T **True Blood** 1 &2/12. Double bill of the vampire drama with Anna Paquin. (S1)
2.00 AM **Blood & Treasure** (S2)
4.00 **Wynonna Earp** As 11.00pm.
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S10)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 9/22. (S6)
11.00 **Hudson & Rex** As 5.00pm.
12.00 NOON **Miss Fisher's Murder Mysteries** 4/13. (S2)
1.00 PM **Death in Paradise** (S3)
2.00 **Murdoch Mysteries** (S10)
4.00 **The Mentalist** 9/22. (S6)
5.00 **Hudson & Rex** 7/20. Two killers escape from prison. (S5)
6.00 **Father Brown** *The Word of the Condemned:* The sleuthing priest investigates the fate of Lady Felicia's goddaughter.

9.00 Dark Winds

7.00 **Miss Fisher's Murder Mysteries** *Deadweight:* 4/13. A gang leader is found dead outside a travelling boxing tent. (S2)
8.00 **Death in Paradise** *Death of a Detective:* 1/8. Richard Poole meets a sticky end at a university reunion. (S3)
9.00 **Dark Winds** Series finale *Beesh Lii:* 8/8. Leaphorn and Chee try everything to solve the case. (S3)
■ Entire series on Box Sets
10.00 **Death in Paradise** *Dishing Up Murder:* 6/8. A famous chef is stabbed to death. Guest stars Martin Compston. (S5)
11.00 **Father Brown** As 6.00pm.
12.00 M'T **So Help Me Todd** 17/21. Margaret helps a client who lost his mother during a routine surgery at Allison's hospital. (S1)
1.00 AM **Death in Paradise**
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.25 AM **Highlights**
9.20 **Are You Being Served?**
10.00 **Open All Hours**
10.40 **Keeping Up Appearances**
11.20 **Last of the Summer Wine**
12.40 PM **The Green Green Grass**
1.20 **Ever Decreasing Circles**
2.00 **Dad's Army**
2.40 **Are You Being Served?**
3.20 **Open All Hours**
4.00 **Ever Decreasing Circles**
4.40 **Last of the Summer Wine**
6.00 **Keeping Up Appearances**
6.40 **Open All Hours**

4.40 Last of the Summer Wine

7.20 **Dad's Army** The men of Walmington-on-Sea's Home Guard use up all their ammunition shooting at a passing aircraft.
8.00 **The Vicar of Dibley** Geraldine tries her hand at fundraising.
8.40 Election fever hits the village and Geraldine proves a more popular candidate than David.
9.20 Geraldine conducts a radical Sunday service for the animals of Dibley.
10.00 **Men Behaving Badly** A jealous Gary suspects Dorothy is having an affair.
10.40 **The Vicar of Dibley** As shown at 8.00pm.
11.20 **The Vicar of Dibley** As shown at 8.40pm.
12.00 M'T As 9.20pm.
12.40 AM **Men Behaving Badly** As shown at 10.00pm.
1.20 **The Vicar of Dibley**
3.15 **to 4.00** AM **Men Behaving Badly**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.30 AM **Border Force: America's Gatekeepers** Double bill.
9.30 **Speed with Guy Martin: Classic F1 Special**
11.00 **Rick Stein's Road to Mexico**
12.00 NOON **Bangers & Cash**
2.00 PM **Robson's Extreme Fishing Challenge**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British** Si King and Dave Myers explore the history of the potato.
6.00 **Rick Stein's Road to Mexico** The chef travels through Los Angeles and into San Diego.

6.00 Rick Stein's Road to Mexico

7.00 **Would I Lie to You?** With Jo Brand, Roisin Conaty, Paul Foot and Ray Mears.
7.40 **Richard Osman's House of Games** Contestants include Martin Offiah and Rebecca Lucy Taylor.
8.20 With Natasha Raskin Sharp, Eddie Kadi, Charlie Stayt and Faye Tozer.
9.00 **Have I Got a Bit More News for You** David Dimbleby hosts the satirical quiz, with Henning Wehn and Stacey Dooley.
10.00 **QI XL** Guests Jack Whitehall, Cal Wilson and Jimmy Carr join regular panellist Alan Davies and host Stephen Fry.
11.00 **Taskmaster** Liza Tarbuck demonstrates her hatred of small toy men, while Alice Levine tries to fathom darts.
12.00 M'T **Mock the Week** With Ed Gamble, Paul Chowdhry.
12.40 AM **Would I Lie to You?**
2.00 **to 4.00** AM **Not Going Out**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.05 **Murder, She Wrote**
10.00 **NCIS** 19-21/23. (S1)
1.00 PM **Law & Order**
6.00 **NCIS** *Black Water:* 11/23. A private investigator discovers the body of a missing US Navy officer.
7.00 *Doppelganger:* 12/23. The investigation into a petty officer's death takes a strange turn.
8.00 *The Meat Puzzle:* 13/23. Ducky identifies the dismembered bodies of two former colleagues. (S2)
9.00 **Law & Order Toronto: Criminal Intent** New episode *Three Points:* 9/10. Graff and Bateman hunt a frenzied serial killer at large in the city. (S1)
10.00 **Law & Order: Special Victims Unit** (S18)
1.50 AM **Person of Interest**
3.35 **to 4.00** AM **Cops**

+1hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Shoplifters: Caught Red Handed**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Call the Bailiffs: Time to Pay Up**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts** A man is found unconscious.
9.00 **Fare Dodgers: At War with the Law** Officers carry out a major sting in Vauxhall.
10.00 **999: Critical Condition**
11.00 **Skin A&E**
12.00 M'T **999: Killer on the Line** Jennifer Pan.
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.45 **Skin A&E**
3.30 **to 4.00** AM **Friends**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.05 **Winter Road Rescue**
9.40 **Police Interceptors**
11.45 **FILM Beyond the Law** Spaghetti Western starring Lee Van Cleef. (1968, 12, 90min) ★★★
2.00 PM **FILM A Man Alone** Western with Ray Milland and Mary Murphy. (1955, U, 96min) ★★★
4.00 **The Motorway**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** Officers take advantage of new facial recognition technology.
9.00 Armed officers chase a group of potential car thieves.
10.00 **Police: Suspect No 1**
11.00 **Banged Up Abroad**
12.05 AM **World's Deadliest Weather: Caught on Camera** A typhoon.
1.05 **Ice Road Truckers**
2.05 **to 4.00** AM **Trucking Hell**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Australia** Culinary show.
7.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
7.00 **My Kitchen Rules: New Zealand** Culinary show.
8.30 **Inside the Ambulance** A woman is threatening to jump out of a first-floor window.
9.00 **One Born Every Minute** A Christian couple put their faith in God when things do not go to plan.
10.00 **Pete Wicks: For Dogs' Sake** Pete helps to rehabilitate a group of ex-racing greyhounds.
11.00 **Nurses on the Ward**
12.00 M'T **Inside the Ambulance** As 8.30pm.
12.30 AM **Louis Theroux's Altered States**
1.25 **to 3.00** AM **Michael McIntyre's The Wheel**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.30 AM **The Bill**
8.25 **Doctors**
9.40 **Classic Holby City**
10.40 **Classic Casualty**
11.50 **The Bill**
12.50 PM **Classic EastEnders**
2.10 **All Creatures Great and Small**
3.10 **Howards' Way**
4.20 **Bergerac**
5.20 **The Thin Blue Line**
6.00 **To the Manor Born**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Harry Wild** New episode *Lights, Camera, Murder:* 3/6. A soap opera director has his throat cut in the middle of a scene. (S3)
9.00 **Whitstable Pearl**
10.05 **New Tricks**
11.25 **Waking the Dead**
12.45 AM **Sister Boniface Mysteries** 3/10. (S1)
1.50 **The Thin Blue Line**
2.20 **to 4.00** AM **The Brokenwood Mysteries**

+1hr 243 316 60 260

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great Continental Railway Journeys**
8.00 **Bangers & Cash**
10.00 **Secrets and Spies: A Nuclear Game**
11.00 **World War Weird**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **Secrets and Spies: A Nuclear Game**
5.00 **World War Weird**
6.00 **Antiques Roadshow**
7.00 **Great Canal Journeys** Tim and Prunella Scales tour the city of Bristol and some West Country waterways further afield.
8.00 **Flipping Bangers** Gus has his eye on a Citroën XM that looks amazing – but it's in France.
9.00 **Bangers & Cash**
1.00 AM **Abandoned Engineering**
2.00 **to 3.00** AM **Secrets and Spies: A Nuclear Game**

+1 hour 255 329

TUESDAY Entertainment

Tuesday

Really

142 153 165 44 149 40

6.00 AM **Celebrity Fantasy Homes** Lee Sharpe.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **Antiques Road Trip** Double bill.
2.00 PM **The Repair Shop**
3.00 **The Yorkshire Auction House** A Ford Model T.
4.00 **Long Lost Family**
5.00 **A Place in the Sun**
6.00 **Salvage Hunters**
9.00 **Long Lost Family** The story of a man who discovered his late mother had led a complicated life.
10.00 **Long Lost Family: What Happened Next** Davina McCall and Nicky Campbell catch up with two people whose lives have been transformed.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Great! TV

157 167 170 34 32

8.10 AM **Highway to Heaven**
9.10 **The Waltons** 7/25. (S2)
10.10 **Little House on the Prairie** 1-3/24. (S6)
1.10 PM **The Waltons** (S2)
4.10 **Hamish Macbeth** (S1)
5.20 **Doctor Finlay** 5/7. (S3)
6.30 **Rumpole of the Bailey**
7.30 **M*A*S*H** 23-25/25. (S8)
9.00 **Brush Strokes** 5/6. Veronica is out to drag Jacko's name through the mud.
9.40 6/6. Sandra is leaving the company, and Lionel senses that her hasty departure is caused by Jacko. (S3)
10.20 7/7. Lesley's job is not working out. (S2)
11.00 **Hamish Macbeth** (S1)
12.10 AM **Rumpole of the Bailey** 6/6. (S2)
1.10 **Doctor Finlay** 5/7. (S3)
2.20 **Brush Strokes** 6/6. (S3)
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257

Great! Action

323 319 426 42 33

9.00 AM **Tombstone Territory**
10.00 **FILM The Longest Drive** Western drama. (1976, PG, 93min) ★★
12.00 NOON **The High Chaparral** 23/26. (S2)
1.00 PM **FILM The Indian Fighter** Western. (1955, PG, 88min) ★★★
3.00 **Wanted: Dead or Alive**
3.30 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The Persuaders!** (S1)
7.00 **The Avengers** (S4)
8.00 **The New Avengers** (S2)
9.00 **FILM Machete** Thriller starring Danny Trejo. (2010, 18, 104min) ★★★
11.20 **FILM Maximum Security** Crime thriller. (2017, 15, 87min) ★★
1.15 AM **The Avengers** (S4)
2.15 **The New Avengers** (S2)
3.10 **FILM Storm Chasers** Action thriller. (1998, PG, 94min) ★★
4.50 **to 5.50** AM **Cops Uncut**

+1 hour 324

Great! Mystery

321 318 425 50 48

8.10 AM **Diagnosis Murder**
9.10 **Murder, She Wrote**
10.10 **Unforgettable** (S3)
11.10 **Castle** 24/24. (S5)
12.10 PM **FILM Ships in the Night** (2021, PG) ★★
2.05 **FILM Death at the Diner** (2024, PG) ★★
4.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 1/23. (S6)
8.00 **Unforgettable** (S3)
9.00 **FILM Martha's Vineyard Mysteries: Poisoned in Paradise** Thriller. (2021, PG, 84min) ★★
10.55 **FILM Mystery 101: Words Can Kill** Thriller. (2019, PG, 90min) ★★
12.50 AM **FILM Dead Lines** Thriller. (2010, PG) ★★
2.30 **FILM Stolen in Her Sleep** Crime thriller. (2021, PG, 87min) ★★
4.00 **to 5.00** AM **Sue Thomas: F.B.Eye**

+1 hour 322

Great! Romance

319 317 424 52 47

8.15 AM **FILM The Song to My Heart** Drama. (2022, PG, 85min) ★★
10.15 **FILM Just for Showmance** Comedy. (2023, U, 83min) ★★
12.15 PM **FILM One Perfect Match** (2023, PG) ★★
2.10 **FILM Love, For Real** Comedy. (2021, PG) ★★
4.00 **FILM Love on Safari** Drama. (2018, PG) ★★
6.00 **FILM Love at Lookout Lake** Romantic comedy. (2025, U, 89min) ★★
8.00 **FILM Vote One for Love** Romantic drama. (2023, PG, 90min) ★★
10.00 **FILM Wedding at the Hamptons** Drama. (2022, PG, 90min) ★★
12.00 M'T **FILM The Perfect Wedding Match** Comedy. (2021, PG, 86min) ★★
1.55 AM **Highway to Heaven**
2.45 **FILM Love, For Real**
4.10 **to 5.00** AM **Highway to Heaven**

+1 hour 320

Rewind TV

182 81 141

6.00 AM **Highlights**
8.30 **Thick as Thieves**
9.00 **Bubblegum & Cheese**
10.00 **The Brian Conley Show**
10.30 **Shine on Harvey Moon**
11.30 **The Fenn Street Gang**
12.00 NOON **The Lovers** (S1)
12.30 PM **The Dustbinmen**
1.00 **Lady Killers**
2.00 **Boon** 11/13. (S2)
3.00 **Shine on Harvey Moon**
4.00 **Tracing the Rails**
4.30 **Old Country**
5.00 **Bubblegum & Cheese**
6.00 **The Brian Conley Show**
6.30 **The Fenn Street Gang**
7.00 **The Lovers** 4/6. (S1)
7.30 **The Dustbinmen** (S3)
8.00 **Boon** 11/13. (S2)
9.00 **Lady Killers**
10.00 **Game On** 5/6. (S2)
10.35 **Stereo Underground**
12.35 AM **FILM Queen of the Blues** Crime drama. (1979, 18, 63min) ★★
1.50 **Game On** 5/6. (S2)
2.25 **Mysterious Tales**
2.30 **to 6.00** AM **Highlights**

DMAX

158 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Guardians of the Glades**
10.00 **Deadliest Catch**
12.00 NOON **Curse of the Frozen Gold**
1.00 PM **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** The fleet battle through a ferocious storm.
8.00 The crews and boats feel the brunt of one of the hardest Opilio seasons on record.
9.00 **Hoffman Family Gold** Andy battles mine-stopping mud flows.
10.00 **Deadliest Catch** Jake is at odds with Sig.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 258 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Secret Eats with Adam Richman**
7.00 **Hairy Bikers Go Local**
8.00 **The Pioneer Woman**
9.00 **Jamie's 15 Minute Meals**
10.00 **Barefoot Contessa: Back to Basics**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Great British Adventure**
3.00 **Hairy Bikers Go Local**
4.00 **The Pioneer Woman**
5.00 **Jamie's 15 Minute Meals**
6.00 **Barefoot Contessa: Back to Basics**
7.00 **Great British Bake Off** Triple bill of editions.
10.30 **Paul Hollywood: City Bakes** Paul heads to St Petersburg in Russia, where he samples layered honey cake.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food: Best Of** Double bill.
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 19/27. (S4)
9.00 **The A-Team** 22/25. (S3)
10.00 **Charlie's Angels** (S5)
11.00 **FILM The Day the Earth Stopped** Thriller. (2008, 15, 90min) ★★
1.00 PM **FILM The Brink's Job** Crime comedy. (1978, PG, 103min) ★★★
3.00 **FILM Flying Tigers** War adventure. (1942, b/w, PG, 103min) ★★
5.00 **Star Trek** 2/26. (S2)
6.00 **Charlie's Angels** (S5)
7.00 **The A-Team** 23/25. (S3)
8.00 **Walker, Texas Ranger**
9.00 **FILM Desperado** Action thriller starring Antonio Banderas. (1995, 18, 105min) ★★★
11.05 **FILM War** Action thriller. (2007, 18, 98min) ★★
1.05 AM **FILM Commandos** Wartime adventure. (1968, 18, 112min) ★★
3.05 **to 5.00** AM **FILM The Man Called Noon** Western. (1973, 15) ★★

Legend Xtra

317 316 171 69 138 51

9.00 AM **FILM The Gambler** Musical drama. (1980, PG, 95min) ★★★
11.00 **The Lost World** (S1)
12.00 NOON **FILM Asteroid v Earth** Disaster movie. (2014, 15, 91min) ★★
2.00 PM **FILM Wild Horses** Contemporary Western. (1985, PG, 95min) ★★
4.00 **Walker, Texas Ranger**
5.00 **FILM Tornado Warning** Sci-fi action thriller. (2012, PG, 90min) ★★
7.00 **The Lost World** (S1)
8.00 **The Fall Guy** 15/23. (S1)
9.00 **FILM American Siege** Thriller starring Bruce Willis and Rob Gough. (2021, 15, 91min) ★★
10.50 **FILM Any Bullet Will Do** Western adventure. (2018, 15, 110min) ★★
1.00 AM **FILM American Siege** As 9.00pm.
3.00 **FILM Tornado Warning**
5.00 **to 6.00** AM **The Lost World**

+1 hour 318 371 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.35 **Storage Hunters**
8.30 **Storage Wars: Texas**
9.20 **Hardcore Pawn**
10.15 **Auction Hunters**
11.10 **Deep Water Salvage**
12.10 PM **Salvage Kings**
1.05 **Pawn Stars**
2.05 **Storage Wars: Texas**
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
5.00 **Close Encounters**
6.00 **Pawn Stars**
7.00 **Storage Wars: Texas**
8.00 **Dickinson's Real Deal**
9.00 **Deadman's Curse**
11.00 **WWE's Greatest Moments** Double bill.
12.00 M'T **Bermuda Triangle: Into Cursed Waters**
1.00 AM **Close Encounters**
2.00 **Ancient Aliens**
3.00 **Deep Water Salvage**
3.45 **Salvage Kings**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
10.00 **Dogs Behaving (Very) Badly** Documentary.
11.00 **Ben Fogle: New Lives...**
12.00 NOON **Buried Secrets of WWII** Documentary.
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
4.30 **The Yorkshire Vet**
5.00 **Hurricane Apocalypse: Drain the Oceans**
6.00 **London's Greatest Bridges with Rob Bell**
7.00 **Buried Secrets of WWII**
8.00 **Ben Fogle: New Lives in the Wild** New Mexico.
9.00 **The Hotel Inspector**
10.00 **Rich House, Poor House**
11.00 **Rich Holiday, Poor Holiday** Documentary
12.00 M'T **Wentworth Prison**
1.00 AM **VC Andrews' Heaven**
2.45 **Paul Martin's Antiques Showdown**
3.35 **Britain's Greatest Bridges** The Clifton Suspension Bridge.
3.50 **to 4.00** AM **Entertainment News**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Double bill.
11.00 **The Chase Celebrity Special** Faye Tozer, Jamie Theakston, Ben Cohen and Sara Pascoe compete for charity.
12.00 NOON **The Chase**
2.00 PM **Bridge of Lies**
3.00 **Who Wants to Be a Millionaire? Celebrity Special** Quiz show.
4.00 **The Chase** Quiz show.
5.00 **The Bidding Room** Sellers bring in diamond cutters and furniture.
6.00 **Tenable** Double bill.
8.00 **The Chase** Double bill.
10.00 **Tenable** A family of five take part in the quiz.
11.00 **The Chase Celebrity Special** Mark Charnock, Charley Webb, Amy Walsh and Matthew Wolfenden take part.
12.00 M'T **Classic Who Wants to Be a Millionaire?**
1.00 AM **The Chase**
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Mike & Molly**
8.30 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Mike & Molly**
3.30 **Young Sheldon**
5.00 **The Big Bang Theory** Eight episodes of the sitcom, including at:
8.00 12/24. Sheldon is encouraged to feign interest in Amy's career.
8.30 13/24. Leonard and Penny try to give their relationship another chance. (S5)
9.00 **FILM Transformers: Dark of the Moon** Sci-fi adventure sequel starring Shia LaBeouf as a young man caught up in another titanic struggle between good and evil alien robots on Earth. (2011, 12, 154min) ★★★
12.00 M'T **Dr Pimple Popper**
2.00 AM **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
10.00 **Spin City** 3&4/22. (S6)
11.00 **Everybody Loves Raymond** 1-4/25. (S7)
1.00 PM **Friends** (S4&5)
8.00 **Friends** 6/24. Emily asks Ross to move away.
8.30 7/24. Ross moves in with Chandler and Joey, but the transition does not go as smoothly as expected. (S5)
9.00 **FILM Dodgeball: A True Underdog Story** Comedy starring Vince Vaughn, Christine Taylor and Ben Stiller. (2004, 12, 92min) ★★★★
10.45 **Drunk History**
11.45 **Whose Line Is It Anyway? USA**
12.45 AM **South Park** (S6)
2.45 **The Pep Talk**
2.50 **Jack Whitehall Live**
3.35 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S6)
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Whose Line Is It Anyway? USA**
11.00 **Friends** (S6)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.30 **Takeshi's Castle**
4.00 **Most Ridiculous**
5.00 **Whose Line Is It Anyway? USA**
6.00 **Spin City** 3&4/26. (S4)
7.00 **Everybody Loves Raymond** 1-4/25. (S7)
9.00 **Bradley & Barney Walsh: Breaking Dad** In Sweden and Norway.
10.00 **Friends** 14-19/24. (S4)
1.00 AM **The Ricky Gervais Show** Double bill.
2.00 **Teachers** 1&2/20. (S2)
3.00 **Reno 911!** (S2)
3.45 **Jimmy Carr's Am I the A**hole?**
4.30 **Spin City** 3&4/26. (S4)
5.15 **to 6.00** AM **Guessable?**

That's TV

171 150 56 164 42

8.00 AM **Highlights**
10.35 **Bread** 3/10. (S8)
11.15 **Steptoe and Son** (S6)
11.50 **Oh, Doctor Beeching!**
12.25 PM **Rising Damp** (S3)
12.55 **Man About the House**
1.25 **Goodnight Sweetheart**
2.00 **When the Boat Comes In** 4/13. (S2)
3.05 **Minder** 6/13. (S2)
4.05 **Citizen Smith** (S3)
4.50 **Man About the House**
5.20 **Some Mothers Do 'Ave 'Em** 4/6. (S3)
6.00 **That's 60s**
6.10 **Steptoe and Son** (S3)
6.45 **Minder** 4/13. (S3)
7.50 **Rising Damp** (S3)
8.20 **Whatever Happened to the Likely Lads?** (S2)
9.00 **Benidorm** 9/9. (S9)
9.55 **Shameless** 2/7. (S1)
10.55 **Man About the House**
11.30 **Rising Damp** (S4)
12.00 M'T **Benidorm** 9/9. (S9)
12.55 AM **Shameless** (S1)
1.55 **Kenny Everett Show**
2.25 **to 6.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **Help! I'm in a Secret Relationship!**
8.00 **Catfish: Teams**
9.00 **Catfish: The TV Show**
3.00 PM **Catfish: Firsts**
4.00 **Dallas Cowboys Cheerleaders**
6.00 **Sweet Home Alabama**
7.00 **Teen Mom UK: Next Generation**
8.00 **The Hills** Double bill.
9.00 **Just Tattoo of Us**
10.00 **Dating Naked** Kerri has to decide whether to date a nervous New Yorker or a surfer.
11.00 **Black Ink Crew New York** New edition Maria Davis visits Dutchess at the shop for an HIV/AIDS awareness tattoo.
12.00 M'T **Geordie Shore**
2.00 AM **Teen Mom: The Next Chapter**
2.45 **Ridiculousness** New editions Double bill.
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How Do They Do It?**
7.00 **Junkyard Empire**
9.00 **Gold Rush: White Water**
11.00 **Diesel Brothers** Double bill.
1.00 PM **Deadliest Catch**
3.00 **How Do They Do It?** The building of tractors. **3.30** Collecting real birds' nests to make birds' nest soup. **4.00** Building new roads. **4.30** A sword factory.
5.00 **Alaska: Homestead Rescue** Marty helps a woman whose quake-damaged homestead is on the brink of ruin.

9.00 Gold Rush

7.00 **Wheeler Dealers** Mike gambles on a Ford P100 imported from South Africa to Scotland, but it's hit with a series of issues.

8.00 **Wheeler Dealers** Mike finds an Alfa Romeo GTV with some fails, but he thinks Elvis can fix it up for an Italian road trip.

9.00 **Gold Rush** New edition Rick makes a big score at Vegas Valley, and to keep his hot streak going, Tony pilfers more gear.

10.00 **Gold Rush** New edition A countdown of fans' top 10 favourite moments across 15 seasons.

11.00 **Expedition Unknown** Josh helps recover the richest stash of treasure in the Americas.
12.00 M'T **Deadliest Catch** Mandy must work a decades-old magnetic compass.
1.00 AM **Gold Rush** Double bill.
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Edge of Alaska**
10.00 **Tanked**
11.00 **Animal Cops Phoenix**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** Helping a cat stand up to its attackers. **4.00** Jackson visits a house where four cats are fighting.
5.00 **Lone Star Law** A check for a fishing license takes a turn.
6.00 **Dr Jeff: Rocky Mountain Vet** Amy considers emergency surgery for a French bulldog.

8.00 Guardians of the Glades

7.00 **Treehouse Masters** Pete Nelson heads to Oregon to fulfil one of the greatest wishes of an 81-year-old client.

8.00 **Guardians of the Glades** Lower temperatures force the team to change strategies before they have a run-in with an old rival.

9.00 **Alaska: The Last Frontier** Atz Lee and Atz Sr take Jane on a hunt on horseback, while Eivin builds a motorised cart.

10.00 **Alaskan Bush People** The Browns protect their newest family member from bears, which are now seeking food.

11.00 **The Haunted** A dark spirit menaces a woman's home.
12.00 M'T **Crikey! It's the Irwins** Terri helps a cougar in need of a health check.
1.00 AM **Mountain Monsters**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Phoenix**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Britain's Greatest Machines with Chris Barrie**
9.00 **Air Crash Investigation**
10.00 **Lost Treasures of Rome**
11.00 **WW2: Hell Under the Sea**
12.00 NOON **World War II: Secrets from Above**
1.00 PM **Air Crash Investigation**
3.00 **Liberation: D-Day to Berlin**
4.00 **WW2 Wrecks: Draining the Ocean** Examining shipwrecks from World War Two.
5.00 **Ice Road Rescue**
6.00 **Nazi Megastructures** The world's largest battleship.

5.00 Ice Road Rescue

7.00 **Air Crash Investigation** A pilot who tried to land on a former air force base – not realising it was being used for drag racing.

8.00 **Liberation: D-Day to Berlin** The story of how Belgium and the Netherlands were freed from Nazi occupation.

9.00 **Hitler's Last Stand** How a small Canadian tank squadron closed off an escape route for German soldiers.

10.00 **Nazi Megastructures: Battle Ready** The story of Heinrich Himmler, Joseph Goebbels and Hermann Goering.

11.00 **Air Crash Investigation**
12.00 M'T **Car S.O.S**
1.00 AM **To Catch a Smuggler**
2.00 **Trafficked with Mariana Van Zeller** An online romance scam.
2.30 **Money Meltdown**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Storage Wars**
7.50 **Pawn Stars Do America**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **The Jewish Nazi?**
2.00 PM **The Tattooist's Son: Journey to Auschwitz**
3.40 **Auschwitz: One Day**
4.50 **No Asylum: The Untold Chapter of Anne Frank's Story** Efforts by the Frank family to evade the Nazis.
6.00 **Great Escapes with Morgan Freeman** How the story of the Holocaust reached the world.

9.00 Hitler's Holocaust Railways

7.00 **Auschwitz: Countdown to Liberation** The major events leading up to the liberation of the camp in southern Poland in January 1945, told through the testimonies of survivors, local residents, perpetrators, liberators and expert insights.

9.00 **Hitler's Holocaust Railways with Chris Tarrant** The broadcaster explores the use of trains in transporting millions of prisoners to death camps during the Holocaust.
10.30 **Auschwitz: One Day** The story of a typical day in 1944 in the infamous concentration camp.
11.45 **No Asylum: The Untold Chapter of Anne Frank's Story** As shown at 4.50pm.
12.55 AM **Ultimate Mysteries** A look into the case of UFO chaser Captain Mantell.
1.50 **Hitler's Holocaust Railways with Chris Tarrant**
3.15 **Forged with Steele**
3.40 **to 6.00** AM **River Hunters**

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **The 2010s**
7.00 **Discovering: Morgan Freeman**
8.00 **The Directors**
9.00 **The Movies**
10.00 **Telemarketers**
11.00 **Billy Joel: And So It Goes**
1.50 PM **My Icon: Michael Campbell** The golfer discusses the individuals that have inspired him.
2.00 **Terry Venables: A Man Can Dream** Documentary.
4.00 **Discovering: Morgan Freeman**
5.00 **The Directors**
6.00 **The Movies**

9.00 Salt Path: A Very British...

7.00 **Telemarketers** How two unlikely employees stumbled upon the murky truth behind a New Jersey call centre.

8.00 **Murder at the Post Office** At trial, the prosecution alleges Robin Garbutt was stealing from the Post Office.

9.00 **Salt Path: A Very British Scandal** Journalist Chloe Hadjimatheou's investigation into allegations of factual inaccuracies in Raynor Winn's book *The Salt Path*.
10.30 **The Commandant's Shadow** Documentary following the son of the man who was in charge of Auschwitz concentration camp.
12.30 AM **Manhunt: The Search for Bin Laden** Documentary.
2.30 **King of Lies: Football's Greatest Con** Russell King's takeover of Notts County.
4.20 **The Great Horsemeat Scandal**
5.00 **to 6.00** AM **Discovering: George Clooney**

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **The Repair Shop**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Opal Hunters**
1.00 PM **The Repair Shop**
2.00 **Shed and Buried: Classic Cars**
3.00 **Find It, Fix It, Flog It**
4.00 **The Yorkshire Auction House** Double bill.
6.00 **Antiques Road Trip**
8.00 **Guz Khan's Custom Cars** Guz battles bucket seats, meets a Ferrari modder and explores Britain's car scene.
9.00 **The Repair Shop** The team restore a military chess set, a Syrian chair and a wartime mascot.
11.00 **Australian Open Tennis**
12.00 M'T **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Shed and Buried: Classic Cars**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

6.00 AM **Animal Cops Phoenix** Documentary.
7.00 **Helicopter ER**
9.00 **Cops UK: Bodycam Squad** Double bill.
11.00 **The Detectives: My Killer Case**
12.00 NOON **Forbidden: Dying for Love**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **A Killer's Mistake**
4.00 **American Monster**
5.00 **American Monster: Abuse of Power**
6.00 **Disappeared**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV**
9.00 **Body Cam** New edition
10.00 **Scene of the Crime**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Documentary.
3.00 **to 4.00** AM **FBI Files**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Secrets of a Murder Detective** Steve Keogh discusses a murder investigation involving a deadly love triangle.
8.00 **48 Hours** New edition When a nurse is shot dead in her apartment, investigators note unusual findings.
9.00 **Body in the Water** A fisherman is murdered and dumped in the River Thames.
10.00 **Secrets of a Murder Detective** New edition The story of how John Hay, an ex-police officer, failed to return to his West Yorkshire home.
11.00 **Bloodline Detectives**
1.00 AM **48 Hours**
2.00 **Body in the Water**
3.00 **Secrets of a Murder Detective** As 10.00pm.
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Bloodline Detectives**
11.00 **48 Hours** Documentary.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **Bloodline Detectives** The murder of Michella Welch. **3.00** The murder of 25-year-old Naval recruit Pamela Cahanes.
4.00 **48 Hours** Reporter Peter Van Sant and the team investigate the case of Trevor Summers.
5.00 **Medical Detectives** A series of deaths span two continents. **5.30** A bomber is on the loose after a woman is killed in her home. **6.00** A killer destroys all evidence of his crime. **6.30** The unsolved case of a murdered woman.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Motorway Patrol**
7.00 **The Force: Manchester**
8.00 **Stop, Search, Seize**
9.00 **Brit Cops** Documentary.
10.00 **Police 24/7**
11.00 **World's Most Evil Killers**
12.00 NOON **Catching the...**
1.00 PM **Killer in My Village**
2.00 **Murders That Shocked the Nation** The Krays.
3.00 **How I Caught the Killer**
4.00 **Britain's Most Evil Killers**
5.00 **Catching the Killer**
6.00 **Killer in My Village**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **The Boston Strangler: Unheard Confession**
10.45 **Police 24/7**
11.50 **The Murder of Lyn Dawson** Double bill.
2.00 AM **Murdered at First Sight** Documentary.
3.00 **Love You to Death**
4.00 **Brit Cops** Documentary.
5.00 **to 6.00** AM **Border Security USA**

+1hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours of the Scottish Islands**
8.35 **Lost Pyramids...**
9.40 **Hitler's Propaganda...**
10.50 **Women of World War II**
12.00 NOON **Prisoner Number A26188: Henia Bryer**
1.00 PM **Grand Tours of the Scottish Islands**
1.40 **Lost Pyramids...**
2.50 **Hitler's Propaganda...**
3.55 **Women of World War II**
5.05 **Prisoner Number A26188: Henia Bryer**
6.05 **Lost Pyramids of the Aztecs** The remains of the ancient civilisation.
7.15 **Hitler's Propaganda Machine** A decade of Nazi propaganda.
8.20 **Women of World War II: The Untold Stories**
9.35 **Once Upon a Time in Northern Ireland**
10.50 **Hitler's Propaganda...**
12.00 M'T **Once Upon a Time in Northern Ireland**
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

TUESDAY

Tuesday

Sky Nature

145 113/114 189 354 369

6.00 AM **Gladiators**
7.00 **Monkey Life**
8.00 **Africa's Hunters**
9.00 **Hope for Wildlife**
10.00 **Deadly Australians**
11.00 **Pride Rules**
12.00 NOON **Nomads of the...**
1.00 PM **Monkey Life**
2.00 **Africa's Hunters**
3.00 **Hope for Wildlife**
4.00 **Deadly Australians**
5.00 **Wild Fighters**
6.00 **Nomads of the Serengeti**
7.00 **Monkey Life** Double bill.
8.00 **Age of the Big Cats** The stories of the cheetah, snow leopard and jaguar.
9.00 **The Great Elephant Tale** Following three different elephant herds in Africa.
10.00 **Nomads of the Serengeti**
11.00 **Wild Fighters**
12.00 M'T **Pride Rules**
1.00 AM **Gladiators**
2.00 **Age of the Big Cats**
3.00 **The Great Elephant Tale**
4.00 **Africa's Hunters**
5.00 **to 6.00** AM **Hope for Wildlife**

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Court Cam**
11.00 **Accident, Suicide or Murder?**
12.00 NOON **Green Eyed Killers**
1.00 PM **#Textmewhenyougethome**
2.00 **Secrets of Polygamy**
3.00 **Murdertown**
4.00 **Killer Britain with Dermot Murnaghan** Ben Lacomba.
5.00 **Laura Whitmore on Britain's Killer Teens** Steven Miles.
6.00 **The First 48**
7.00 **Cold Case Files**
8.00 **#Textmewhenyougethome**
9.00 **Murder on Trial** New edition The case of a woman who was found dead in the bath.
10.00 **Killer Grannies**
11.00 **Homicide Squad: New Orleans**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Real Murders of Atlanta**
2.00 **Killer Grannies** New edition
3.00 **Murder on Trial**
4.00 **Murdertown**
5.00 **to 6.00** AM **Laura Whitmore on Britain's Killer Teens**

+1 hour 256 333

U&Eden

166 134/162 176 57 160 142

9.00 AM **Doctor Who**
12.55 PM **Doctor Who**
7.00 **Doctor Who** *The Monster of Peladon – Part One:* 15/26. The Doctor and Sarah Jane return to Peladon and find the miners scared of a monster they think has come back.
7.35 *The Monster of Peladon – Part Two:* 16/26. The Doctor thinks someone might be causing trouble on purpose.
8.05 *The Monster of Peladon – Part Three:* 17/26. The Doctor and Sarah Jane discover hints that the problem is bigger than just a monster.
8.40 *The Monster of Peladon – Part Four:* 18/26. The Doctor tries to calm the growing chaos.
9.15 *The Monster of Peladon – Part Five:* 19/26. Sarah Jane finds herself caught up in the danger underground.
9.50 *The Monster of Peladon – Part Six:* 20/26. The Doctor must prevent a disaster. (S11)
10.25 PM **to 6.00** AM **Doctor Who**

+1 hour 266 376

Sky History 2

163/168 143 186

6.00 AM **Mystery Places**
7.00 **Swamp Mysteries with Troy Landry** As 5.00pm.
8.00 **What on Earth?**
9.00 **Battle 360**
10.00 **Iconic Combat Machines**
11.00 **Ancient Aliens**
1.00 PM **Craig Charles: UFO Conspiracies**
2.00 **Britain's Most Historic Towns**
3.00 **Digging Up Britain's Past**
4.00 **Mystery Places**
5.00 **Swamp Mysteries with Troy Landry** Troy and his crew return to the Louisiana swamps.
6.00 **What on Earth?**
7.00 **Battle 360** CGI reconstruction of the Battle of Midway.
8.00 **Iconic Combat Machines**
9.00 **Secret Wars Uncovered**
10.00 **Secrets of the Hells Angels**
11.00 **Ancient Aliens**
1.00 AM **Craig Charles: UFO Conspiracies**
2.00 **Britain's Most Historic Towns**
3.00 **Digging Up Britain's Past**
4.00 **Full Custom Garage**
5.00 **to 6.00** AM **Empire Builders**

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Europe's New Wild**
10.00 **Africa's Hunters**
11.00 **Close Encounters of the Wild Kind** Animal encounters.
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Strangest Nature**
3.00 **Shark Men**
4.00 **Snakes in the City**
5.00 **Ultimate Airport Dubai**
6.00 **Yukon Vet** Dr Oakley meets a dog with a badly infected paw.
7.00 **Secrets of the Zoo: Keeper Tales** Double bill.
8.00 **Iberia's Woodlands: Life on the Edge** 1/2. The wildlife of Spain and Portugal's forests.
9.00 2/2. Autumn and winter in the Mediterranean forests.
10.00 **Life Below Zero: First Alaskans** Joel Jacko builds a bridge.
11.00 **Ice Road Rescue**
12.00 M'T **Exotic Animal ER**
1.00 AM **Monster Fish**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Monster Fish**

ID

154 140 166

8.00 AM **Feuds Turned Fatal**
9.00 **The Murder Tapes**
11.00 **Disappeared**
12.00 NOON **Murder in the Heartland**
1.00 PM **The Murder Tapes**
3.00 **Disappeared**
4.00 **Murder in the Heartland**
5.00 **Who Killed Jane Doe?**
7.00 **Betrayed** The murder of 36-year-old Carol Grannon.
8.00 The case of Linda Singleton, who was involved in a deadly love triangle.
9.00 **Evil Lives Here** Desiray finds herself trapped in a living hell.
10.00 **American Monster: Abuse of Power** When a medical board strikes off Arkansas doctor Randeep Mann amid accusations about his practice, he launches a volatile plot to regain power.
11.00 **Undercover Underage** Roo's persona, Flori, is pursued by an experienced predator.
12.00 M'T **The Playboy Murders**
2.00 AM **Who Killed Jane Doe?**
4.00 **to 6.00** AM **Betrayed**

+1 hour 254 366

Discovery Science

167 148 179

8.00 AM **NASA's Unexplained Files**
11.00 **The Dino Hunters**
1.00 PM **Truth Behind the Moon Landing** Double bill.
3.00 **Killers of the Cosmos**
4.00 **Through the Wormhole with Morgan Freeman** Double bill.
6.00 **How Do They Do It?**
9.00 **Street Science** Kevin Delaney takes to the streets to demonstrate the science behind spectacular experiments to members of the public.
9.30 Kevin makes use of unconventional materials to craft home-made rockets.
10.00 Kevin takes to the streets to create a swirling fire tornado out of kerosene.
10.30 Kevin and his team use a race car to put a new twist on an old magic trick.
11.00 **The Explosion Show**
1.00 AM **Killers of the Cosmos**
2.00 **Through the Wormhole with Morgan Freeman** Double bill.
4.00 **to 6.00** AM **Blowing Up History**

+1 hr 267 379

Discovery History

174 147 181

7.00 AM **Blowing Up History**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **How the Universe Works** A look at Nasa's top six most destructive stars.
1.00 PM **NASA's Unexplained Files**
2.00 **Hunting Atlantis**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Blowing Up History**
9.00 **Unexplained and Unexplored** Investigating an international conspiracy involving the highest levels of government.
10.00 **How Do They Do It?**
11.00 **World's Greatest Motorcycle Rides** The end is in sight for Henry's South African adventure.
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **NASA's Unexplained Files**
4.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

Discovery Turbo

161/172 146 180

7.00 AM **Junkyard Empire**
8.00 **Motor Pickers**
9.00 **Shorty's Dream Shop**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Richard Hammond's Workshop** As 1.00am.
1.00 PM **Shed and Buried: Classic Cars** A risky Triumph Spitfire.
2.00 **Salvage Hunters: Classic Cars**
3.00 **Sewer Divers**
4.00 **Roadworthy Rescues**
5.00 **Motor Pickers**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Roadworthy Rescues** Derek goes off the deep end with an 1980s icon, the DeLorean.
9.00 **Mud Madness**
10.00 **Sewer Divers**
11.00 **Salvage Hunters: Classic Cars**
12.00 M'T **Roadworthy Rescues**
1.00 AM **Richard Hammond's Workshop** Richard restores a 1947 Delahaye sports car.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

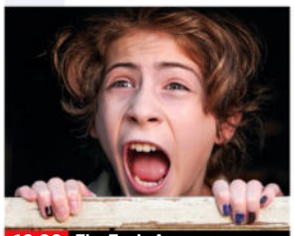
+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **Super Charlie** Family animation. (2025, PG, 82min)
7.30 **Smurfs** As shown at 6.30pm.
9.10 **Xeno** As shown at 8.10pm.
11.00 **Beast of War** Horror thriller. (2025, 15, 87min) ★★★★
12.35 PM **Safe House** (2025, 15)
2.10 **Borderline** Comedy thriller. (2025, 15, 94min) ★★★
4.00 **Nuremberg** Legal thriller. (2025, 15, 148min) ★★★★★
6.30 **Smurfs** Fantasy comedy. (2025, PG, 89min) ★★



10.00 The Toxic Avenger

8.10 Xeno Fantasy adventure starring Lulu Wilson and Omari Hardwick. A teenage girl makes friends with an alien after it crashes in the desert. (2025, 15, 103min)★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 The Toxic Avenger Horror comedy starring Peter Dinklage. A horrible toxic accident transforms a downtrodden janitor into a new evolution of hero. With Kevin Bacon. (2023, 18, 102min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **28 Years Later** Horror. (2025, 15, 115min) ★★★★
1.50 AM **All the Devils Are Here** Thriller starring Eddie Marsan. (2025, 15, 87min) ★★★★
3.25 **Cookster: The Darkest Days** Drama. (2024, 15, 119min)
5.30 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Brit Hits

303 303 403 503 517

6.20 AM **Quartet** As 4.15am.
8.15 **Elizabeth: The Golden Age**
10.15 **Chuck Chuck Baby** (2023)
12.10 PM **Mamma Mia!** Musical. (2008, PG, 108min) ★★★★
2.10 **Mamma Mia! Here We Go Again** Musical sequel. (2018, PG, 114min) ★★★★
4.10 **Alfie** Comedy drama remake. (2004, 15, 106min) ★★★
6.10 **Adult Life Skills** Comedy starring Jodie Whittaker. (2016, 15, 114min) ★★★

6.10 Adult Life Skills

8.00 Love Actually Romantic comedy written and directed by Richard Curtis, starring Hugh Grant, Bill Nighy, Laura Linney, Liam Neeson, Colin Firth, Alan Rickman and Emma Thompson. In the run-up to Christmas, love changes the lives of a host of different characters. (2003, 15, 135min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 Yesterday Fantasy comedy written by Richard Curtis, directed by Danny Boyle and starring Himesh Patel. (2019, 12, 116min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Chuck Chuck Baby** Drama starring Louise Brealey. (2023, 15, 101min) ★★★★
2.10 **Elizabeth: The Golden Age** Historical drama sequel. (2007, 12, 114min) ★★★
4.15 **to 6.00** AM **Quartet** Comedy drama starring Maggie Smith. (2012, 12, 94min) ★★★★

Sky Cinema Drama

310 310 410 510 524

6.30 AM **Cicada** Drama with Matthew Fifer. (2020, 15, 96min) ★★★★
8.15 **American Sniper** Biopic. (2014, 15, 127min) ★★★★
10.30 **Birdy** Psychological drama. (1984, 15, 120min) ★★★★
12.35 PM **Night Call** As 10.40pm.
2.15 **The Post** Fact-based drama. (2017, 12, 113min) ★★★★
4.15 **Parachute** Comedy drama. (2023, 15, 108min) ★★★★

6.05 **Two Mules for Sister Sara** Comedy Western starring Clint Eastwood and Shirley MacLaine. (1969, 15, 114min) ★★★
8.00 **Amadeus** Historical drama about the rivalry between 18th-century composers Antonio Salieri and Wolfgang Amadeus Mozart. Stars Tom Hulce and F Murray Abraham. (1984, PG, 158min) ★★★★★
10.40 **Night Call** French-Belgian thriller with Jonathan Feltre. Subtitled. (2024, 15, 97min) ★★★★

12.20 AM **The Angels' Share** Ken Loach's whimsical crime caper starring Paul Brannigan. (2012, 15, 96min) ★★★★
2.05 **Parachute** As 4.15pm.
3.55 **to 6.00** AM **Juliet & Romeo** Musical starring Clara Rugaard. (2025, 12, 122min) ★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

7.45 AM **I.S.S** As 1.15am.
9.35 **Battleship** Sci-fi adventure. (2012, 12, 126min) ★★★
11.50 **Nosferatu** Horror thriller. (2024, 15, 132min) ★★★★
2.05 PM **Pacific Rim** Sci-fi adventure. (2013, 12, 126min) ★★★
4.20 **Annabelle** Horror thriller. (2014, 15, 97min) ★★
6.05 **Annabelle: Creation** Horror. (2017, 15, 109min) ★★★

8.00 **Cloverfield** Offbeat disaster movie with Lizzy Caplan and TJ Miller. (2007, 15, 81min) ★★★
9.35 **10 Cloverfield Lane** Thriller starring Mary Elizabeth Winstead and John Goodman. A woman survives a car crash, only to end up trapped in a bunker by a man claiming the world is coming to an end. (2016, 12, 103min) ★★★★
11.30 **From Dusk Till Dawn 3: The Hangman's Daughter** Chiller sequel. (2000, 18, 94min) ★★

1.15 AM **I.S.S** Sci-fi. (2023, 15) ★★★
3.00 **From Dusk Till Dawn 2: Texas Blood Money** Horror chiller sequel. (1999, 18, 88min) ★★
4.45 **The Cinema List: Men in Black**
5.00 **to 6.50** AM **There's Something in the Barn** Festive horror comedy. (2023, 15, 100min) ★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.30 AM **Hook** As 7.55pm.
8.55 **Zathura: A Space Adventure**
10.40 **It Takes Two** Family comedy. (1995, U, 97min) ★
12.25 PM **Lemony Snicket's A Series of Unfortunate Events** Fantasy. (2004, PG) ★★★★
2.20 **My Penguin Friend** Drama. (2024, PG, 98min) ★★★★
4.05 **Sonic the Hedgehog 3** Fantasy adventure sequel. (2024, PG, 110min) ★★★
6.00 **IF** Fantasy. (2024, U) ★★★

6.00 IF

7.55 **Hook** Steven Spielberg's fantasy adventure based on JM Barrie's *Peter Pan*, starring Robin Williams and Dustin Hoffman. A middle-aged Peter Pan has to rediscover his former self to save his children from his old enemy, Captain Hook. With Julia Roberts. (1991, U, 140min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 **Wicked** Part one of *The Wizard of Oz* prequel based on the hit musical, starring Cynthia Erivo and Ariana Grande. (2024, PG, 160min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.15 AM **Zathura: A Space Adventure** Sci-fi adventure. (2005, PG, 113min) ★★★★
3.05 **The Cat in the Hat** Fantasy. (2003, PG, 82min) ★★★★
4.40 **to 6.30** AM **MouseHunt** Slapstick comedy starring Nathan Lane and Lee Evans. (1997, PG, 98min) ★★★★

Sky Cinema Action

307 307 407 507 521

6.20 AM **Shooter** As 12.25am.
8.40 **Transformers** Sci-fi adventure. (2007, 12, 144min) ★★★★
11.15 **Venom: Let There Be Carnage** Fantasy. (2021, 15) ★★★
1.05 PM **The Mummy: Tomb of the Dragon Emperor** Adventure. (2008, 12, 112min) ★★★
3.10 **Justice League** Adventure. (2017, 12, 120min) ★★
5.20 **Transformers: Revenge of the Fallen** Sci-fi adventure. (2009, 12, 149min) ★★★

8.00 Mad Max: Fury Road

8.00 **Mad Max: Fury Road** Sci-fi action thriller starring Tom Hardy and Charlize Theron. A drifter in a post-apocalyptic wasteland helps a warrior to liberate a sadistic warlord's five brides. With Nicholas Hoult. (2015, 15, 120min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **The Mummy Returns** Adventure sequel starring Brendan Fraser and Rachel Weisz. A dashing ex-legionnaire and his Egyptologist wife confront old and new adversaries. (2001, 12, 129min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Shooter** Action thriller starring Mark Wahlberg. (2007, 15, 125min) ★★★★
2.40 **Hounds of War** Action thriller with Frank Grillo and Rhona Mitra. (2024, 15, 95min) ★★★
4.20 **to 6.10** AM **The Beekeeper** Thriller with Jason Statham. (2023, 15, 105min) ★★★

Sky Cinema Comedy

308 308 408 508 522

6.55 AM **Napoleon Dynamite** Teen comedy. (2004, PG) ★★★★
8.30 **Kangaroo Jack** (2003, PG) ★
10.05 **National Security** (2003) ★
11.35 **Beetlejuice Beetlejuice** Comedy. (2024, 12) ★★★★
1.25 PM **Disaster Movie** (2008) ★
2.55 **The Golden Child** Fantasy. (1986, PG, 93min) ★★
4.35 **Shirley Valentine** Comedy. (1989, 15, 108min) ★★★★
6.25 **Sixteen Candles** Comedy. (1984, 12, 89min) ★★★

6.25 Sixteen Candles

8.00 **13 Going on 30** Romantic comedy starring Jennifer Garner and Mark Ruffalo. A 13-year-old girl makes a birthday wish and is transformed into a 30-year-old woman. (2004, 12, 98min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 **One of Them Days** Comedy starring Keke Palmer and SZA. Two roommates race against time to avoid eviction after one of their boyfriends spends their rent money. (2025, 15, 97min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **Alfie** Comedy drama remake. (2004, 15, 106min) ★★★
1.10 AM **Daddy's Home 2** Comedy sequel. (2017, 12, 100min) ★★★
3.00 **Hope Springs** Romantic comedy drama starring Meryl Streep and Tommy Lee Jones. (2012, 12, 98min) ★★★
4.45 **to 6.55** AM **It's Complicated** Romantic comedy drama. (2009, 15, 115min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

6.15 AM **Barber** As 4.20am.
7.55 **Dog Day Afternoon** Thriller. (1975, 15, 130min) ★★★★★
10.10 **Three Days of the Condor** Thriller. (1975, 15) ★★★★
12.10 PM **The Bourne Ultimatum** Spy thriller with Matt Damon. (2007, 12, 115min) ★★★★
2.10 **Trap** Thriller. (2024, 15) ★★★★
4.00 **Drop** Suspense thriller. (2025, 15, 95min) ★★★★
5.45 **Red Dragon** Crime thriller. (2002, 15, 124min) ★★★

5.45 Red Dragon

8.00 **The Bourne Legacy** Spy thriller sequel starring Jeremy Renner and Rachel Weisz. A genetically enhanced secret agent goes on the run with his supervisor when his life is threatened from within his organisation. With Edward Norton and Stacy Keach. (2012, 12, 129min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **The Krays** British crime drama starring Gary and Martin Kemp as the notorious gangster twins Reg and Ronnie Kray, who ran London's underworld in the 1960s. (1990, 18, 119min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Layer Cake** Gangster thriller starring Daniel Craig. (2004, 15, 105min) ★★★★
2.20 **American Gigolo** Thriller. (1980, 18, 117min) ★★★
4.20 **to 6.00** AM **Barber** Mystery. (2023, 15, 90min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **This Gun for Hire** Thriller. (1942, b/w, PG) ★★★★★
12.40 PM **Roman Holiday** Vintage romantic comedy. (1953, b/w, U, 118min) ★★★★★
3.00 **The Sheriff of Fractured Jaw** Western. (1958, U) ★★★
5.05 **Man in the Saddle** Western. (1951, PG, 87min) ★★★
6.50 **Flight of the Phoenix** Action adventure with Dennis Quaid. (2004, 12, 113min) ★★★

9.00 Knock at the Cabin

Flight of the Phoenix (film started at 6.50pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Knock at the Cabin** Horror mystery starring Dave Bautista. A girl and her parents are taken hostage while vacationing and are given an impossible choice to avert the apocalypse. (2022, 15, 100min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.55 **Glass** Fantasy thriller with James McAvoy, Bruce Willis, Samuel L Jackson and Anya Taylor-Joy. (2019, 15, 129min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.30 **to 4.00** AM **Terminator Genisys** Sci-fi adventure sequel starring Emilia Clarke and Arnold Schwarzenegger. (2015, 12, 126min) ★★★

+1hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Tuesday

Sky Cinema Feel Good

302 302 402 502 516

6.00 AM **In & Out** As 2.30pm.
7.35 **Turtles All the Way Down**
9.35 **Empire Waist** Comedy drama. (2024, 12, 94min) ★★★
11.15 **The Accidental Husband**
12.50 PM **13 Going on 30** As 2.10am.
2.30 **In & Out** Comedy starring Kevin Kline. (1997, 12, 91min) ★★★
4.05 **How to Lose a Guy in 10 Days** Romantic comedy starring Kate Hudson. (2003, 12, 116min) ★★★

6.05 **50 First Dates** Romantic comedy starring Adam Sandler. (2004, 12, 99min) ★★★
8.00 **Valentine's Day** Romantic comedy about the intersecting paths of a series of LA couples on 14 February, featuring an all-star cast including Ashton Kutcher, Jennifer Garner, Anne Hathaway and Taylor Swift. (2010, 12, 125min) ★★★
10.10 **Miss Congeniality** Comedy starring Sandra Bullock. (2000, 12, 109min) ★★★★

12.10 AM **How to Lose a Guy in 10 Days** As shown at 4.05pm.
2.10 **13 Going on 30** Comedy. (2004, 12, 98min) ★★★
4.00 **The Accidental Husband** Comedy. (2008, 12, 86min) ★
5.45 **to 7.45** AM **Turtles All the Way Down** Drama. (2024, 12) ★★★★

Sky Cinema Greats

304 304 404 504 518

6.25 AM **Billy Madison** As 12.55pm.
8.00 **Galaxy Quest** Sci-fi comedy. (1999, PG, 102min) ★★★★
9.45 **Blazing Saddles** Mel Brooks' wildly irreverent Western spoof. (1974, 12, 90min) ★★★★
11.20 **Big Daddy** Comedy with Adam Sandler. (1999, 12, 95min) ★★★
12.55 PM **Billy Madison** Comedy starring Adam Sandler. (1995, PG, 90min) ★★

2.40 **Sixteen Candles** Teen comedy. (1984, 12, 89min) ★★★
4.15 **Alfie** Classic comedy drama. (1966, 15, 114min) ★★★★
6.10 **Shirley Valentine** Romantic comedy starring Pauline Collins. (1989, 15, 108min) ★★★★
8.00 **Singin' in the Rain** Musical starring Gene Kelly, Donald O'Connor and Debbie Reynolds. (1952, U, 102min) ★★★★★
9.45 **Arthur** Comedy starring Dudley Moore and Liza Minnelli. (1981, 15, 93min) ★★★★

11.25 **Wayne's World** Comedy. (1992, PG, 95min) ★★★★
1.05 AM **Wayne's World 2** Comedy sequel. (1993, PG, 95min) ★★★
2.45 **Dumb and Dumber** Comedy. (1994, 12, 107min) ★★★
4.35 **to 6.20** AM **Groundhog Day** Comedy. (1993, PG) ★★★★★

Sky Cinema Animation

305 305 412 500 514

7.45 AM **Batman: Return of the Caped Crusaders** As 1.10am.
9.15 **Turbo** Animated comedy. (2013, U, 92min) ★★★★
11.00 **Rango** Animated Western. (2011, PG, 103min) ★★★★
12.50 PM **Batman Unlimited: Mechs vs Mutants** Animation. (2016, PG, 72min) ★★★
2.20 **Extinct** Animated adventure. (2021, U, 84min) ★★★

4.00 **Bee Movie** Animated comedy. (2007, U, 91min) ★★★
5.40 **The Boss Baby** Animated comedy. (2017, U, 97min) ★★★
7.25 **Deep Sea** Animated adventure. (2023, PG, 112min) ★★★
9.30 **Paws of Fury: The Legend of Hank** Animated comedy. (2022, PG, 98min) ★★★
11.20 **The Garfield Movie** Animation. (2023, U, 101min) ★★★
1.10 AM **Batman: Return of the Caped Crusaders** Animation. (2016, PG, 78min) ★★★★

2.45 **Batman Unlimited: Animal Instincts** Animated adventure with the voice of Roger Craig Smith. (2015, PG, 74min) ★★
4.20 **Fox and Hare Save the Forest** Animated family adventure. (2024, U, 71min) ★★★
5.45 **to 6.00** AM **The Cinema List**

Movies 24

312 313 419

7.00 AM **Planning on Forever** Romantic comedy drama. (2022, PG, 89min) ★★
9.00 **Love Marks the Spot** Adventure. (2023, PG, 86min) ★★
11.00 **Fashionably in Love** Romantic comedy. (2023, PG, 87min) ★★
1.00 PM **Savoring Paris** Romantic drama. (2024, PG, 90min) ★★
3.00 **Mystery Island: Play for Keeps** Drama. (2025, PG, 90min) ★★

5.00 **The Wedding Cottage** Comedy. (2023, PG, 84min) ★★
7.00 **Love on Retreat** Romantic drama starring Ansley Gordon. (2023, PG, 85min) ★★
9.00 **Signs of Your Heart** Romantic comedy starring Kelli McNeil. A single mother struggles to find time for romance – until a new tenant moves into a property she owns. (2023, PG, 89min) ★★
11.00 **You, Me, and that Mountain Retreat** Romantic comedy. (2023, PG, 86min) ★★

1.00 AM **Made for Each Other** Romantic fantasy drama. (2023, PG, 84min) ★★
3.00 **to 5.00** AM **Writing a Love Song** Romantic drama. (2024, PG, 85min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Bulldog Drummond's Secret Police** (1939, PG) ★★★
7.05 **Inn for Trouble** Comedy. (1960, b/w, U, 90min) ★★
8.50 **Song of London**
9.25 **The Ghost of Rashmon Hall** Horror. (1947, b/w, PG, 55min) ★
10.30 **Never Look Back** Mystery. (1952, b/w, PG, 73min) ★★★
12.00 NOON **Run Wild, Run Free** Drama. (1969, U, 98min) ★★★

2.05 PM **Assignment K** Spy thriller. (1967, U, 97min) ★★★
4.00 **A Good Read: Sherlock Holmes**
4.55 **The Lady from Shanghai** Classic film noir thriller directed by and starring Orson Welles. (1948, b/w, PG, 87min) ★★★★★
6.40 **Look at Life**
6.55 **The Man from UNCLE** (S1)
8.00 **The Doll** 2/3. (S1)
9.05 **The Good Die Young** Drama. (1954, b/w, PG, 94min) ★★★
11.10 **Hammer House of Mystery and Suspense** 7/13. (S1)

12.45 AM **The Rough and the Smooth** Crime drama. (1959, b/w, 18) ★★
2.50 **Sing As You Swing** Musical comedy. (1937, b/w, U, 82min)
3.55 **Cinebox Memories**
4.00 **Target: The Corruptors**
5.00 **The David Niven Show**
5.30 **to 6.00** AM **Beverly Hillbillies**

Tuesday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
7.30 **LIVE ICC Under-19s World Cup Cricket** Coverage of a Super Six match from Harare Sports Club in Zimbabwe, as the Group C runners-up face the third-placed team in Group B.
3.00 PM **Sports Desk**
4.00 **The Transfer Show**
4.30 **Sports Desk**
5.00 **The Premier League Show**
7.00 **Gillette Labs Soccer Special**
7.30 **LIVE EFL Doncaster Rovers v Leyton Orient.** Coverage of the League One match from the Eco-Power Stadium. Kick-off **8.00pm**.
10.30 **Back Pages Tonight**
11.00 **Sky Sports News**
12.00 M'T **LIVE NBA Basketball Philadelphia 76ers v Milwaukee Bucks.** Coverage of the Eastern Conference match at Xfinity Mobile Arena. Tip-off **1.00am**.
3.30 AM **LIVE NBA Basketball Utah Jazz v Los Angeles Clippers.** Coverage of the Western Conference match held at Delta Center. Tip-off **3.00am**.
5.30 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **Transfer 360**
6.30 **Premier League Highlights**
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
12.00 NOON **Transfer Talk**
1.00 PM **Premier League Years**
3.00 **PL Retro** A replay of Chelsea v Liverpool from 2002/03.
5.00 **The Premier League Show**
7.00 **Gillette Labs Soccer Special** Following the full story of the evening's football, with the team on hand to provide all the latest updates and goal alerts.
10.15 **Premier League Review** A look back at the weekend's action in the top flight, featuring all of the goals, news and major talking points from around the top flight.
11.15 **Netbusters** A look back at the weekend's Premier League action.
11.45 **The Big Interview** Featuring a player of the past or present.
12.15 AM **Ref Watch** The team look at the big refereeing decisions.
12.45 **Netbusters** Recent action.
1.15 **Premier League Years** A look back at the 2017/18 season.
3.15 **PL Greatest Games**
4.00 **Best PL Goals 2017/18**
5.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **Championship Retro**
8.00 **Henrik Larsson: 20 Years On**
9.00 **EFL Greatest Games**
10.00 **EFL Cup Highlights**
11.00 **Old Firm Derby Best Goals**
11.30 **Edinburgh Derby Best Goals**
12.00 NOON **SPFL Highlights**
12.30 PM **Bundesliga Highlights**
1.30 **EFL League One Goals**
2.00 **EFL League Two Goals**
2.30 **WSL** Everton v Brighton.
3.00 **SPFL Highlights**
3.30 **EFL Highlights**
4.30 **Bundesliga Highlights Show**
5.30 **WSL** Recent action.
6.00 **EFL League One Goals**
6.30 **EFL League Two Goals**
7.00 **EFL Highlights** Championship.
7.30 **LIVE EFL Doncaster Rovers v Leyton Orient.** Coverage of the League One match from the Eco-Power Stadium. Kick-off **8.00pm**.
10.30 **SPFL Highlights**
11.00 **WSL** Everton v Brighton.
11.30 **EFL Greatest Games**
12.00 M'T **SPFL Greatest Games**
2.00 AM **EFL Greatest Games**
4.00 **EFL Cup** The 2021/22 final.
5.00 **Best Goals: EFL Cup 2021/22**
5.30 **to 6.00** AM **EFL Trophy**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **SA20** Action from the final.
7.00 **Best of ICC WT20**
7.15 **LIVE ICC Under-19s World Cup Cricket** Coverage of a Super Six match from Harare Sports Club in Zimbabwe, as the Group C runners-up face the third-placed team in Group B.
3.00 PM **Best of ICC WT20**
3.15 **Best of ICC WT20**
3.30 **Best of England v South Africa**
3.45 **Best of ICC WT20**
4.00 **WPL** Tournament highlights.
5.00 **Big Bash League**
6.00 **SA20** Highlights of the final.
7.00 **WPL** Action from Mumbai Indians v Royal Challengers Bengaluru. **8.00** Highlights from Gujarat Giants v Delhi Capitals. **9.00** Action from Delhi Capitals v Royal Challengers Bengaluru.
10.00 **WPL** Highlights from Gujarat Giants v Delhi Capitals. **11.00** Mumbai Indians v Royal Challengers Bengaluru.
12.00 M'T **SA20** A replay of the final.
3.20 AM **Best of Jimmy Anderson: 500th Wicket** From 2017.
3.30 **Best of England v South Africa**
3.45 **Best of ICC WT20**
4.00 **to 6.00** AM **WPL**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **Best of the Open Zone**
7.00 **Nick Dougherty's Tee Time Tips**
8.00 **The Open Zone**
8.30 **DP World Tour Golf**
9.30 **The Golf Fitness Show**
10.00 **Mark Roe's Short Game School**
10.30 **The Improvers**
11.00 **PGA Tour Golf**
12.00 NOON **DP World Tour Golf**
1.00 PM **TGL** Highlights.
3.00 **Best of the Hero Masterclass**
3.30 **The Open Zone**
5.00 **PGA Tour Golf** Highlights.
6.00 **DP World Tour Golf**
7.00 **TGL** Boston Common v The Bay.
9.00 **Ryder Cup – Official Films**
10.00 **DP World Tour Golf** The Hero Dubai Desert Classic fourth day.
11.00 **Beyond the Scorecard**
12.30 AM **You Can Play Golf**
1.00 **PGA Tour Golf** Highlights.
2.00 **How the 2006 Ryder Cup Was Won** Archive action.
5.00 **to 6.00** AM **Nick Dougherty's Tee Time Tips**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **ATP/WTA Tour Classics**
8.00 **WTA & ATP Tennis**
12.00 NOON **ATP/WTA Tour Classics**
2.00 PM **US Open Classic Matches**
4.00 **ATP Tour Classic Matches**
6.00 **WTA & ATP Tennis** Highlights from the Adelaide Open finals.
8.00 **ATP Tennis** The Montpellier Open final at Sud de France.
9.00 **WTA Tennis** Doha Open final.
10.00 **ATP/WTA Tour Classics**
12.00 M'T **US Open Classic Matches**
2.00 AM **WTA & ATP Tennis**
4.00 **to 6.00** AM **ATP Tour Classics**

TNT Sports 1

410 413 521 408 430

6.00 AM **Premier League Review**
7.00 **LIVE Australian Open** Coverage of the 10th day of the opening Grand Slam event of the season, featuring quarter-final matches at Melbourne Park.
8.45 **LIVE One-Day International Cricket Sri Lanka v England.** Coverage of the third and final ODI in the series at R. Premadasa Stadium.
5.00 PM **FA Cup: The People's Story**
6.30 **TNT Sports Cricket Reload**
7.00 **LIVE German Masters Snooker** Coverage of the second day at Tempodrom. England's Judd Trump has succeeded at this event three times in the last six years and last won here in 2024 to claim his third title since 2020.
10.00 **Premier League Reload**
10.15 **Fight Week** UFC 324 review.
11.30 **Tom Aspinall's Fight Lab**
12.00 M'T **UEFA Europa League & Conference League Magazine**
12.30 AM **LIVE Australian Open** Coverage of the 11th day of the opening Grand Slam event of the season, featuring quarter-finals.
5.30 **to 6.00** AM **Ninja A-League Women Highlights**

TNT Sports 2

411 414 522 409 431

6.00 AM **Crouchy and Cole**
6.30 **Roll the Tape** Ronnie O'Sullivan.
7.00 **German Masters Snooker**
9.00 **LIVE German Masters Snooker** Coverage of the second day at Tempodrom in Berlin.
12.00 NOON **WRC Review**
1.00 PM **Premier League Review**
2.00 **LIVE German Masters Snooker** Further coverage of the second day held at Tempodrom.
5.00 **UEFA Europa League & Conference League Magazine**
5.30 **Premier League: Big Interview**
6.00 **Premier League Netbusters** Featuring Arsenal v Manchester Utd and West Ham v Sunderland.
6.30 **Premier League Stories**
7.00 **LIVE German Masters Snooker** Continued coverage of the second day staged at Tempodrom in Berlin. The last non-Englishman to win this tournament was China's Zhao Zintong, when he beat fellow countryman Yan Bingtao in 2022.
10.00 **Fishing: On the Bank**
11.00 **WRC Review** The latest action from Rally Monte Carlo.
12.00 M'T **to 6.00** AM **Isuzu UTE A-League**

Sky Sports NFL

412 410 517 507 426 446

6.00 AM **NFL Highlights**
10.00 **NFL Bitesize Highlights**
11.00 **NFL Highlights**
1.00 PM **Good Morning Football**
3.00 **NFL Highlights**
5.00 **NFL Bitesize Highlights**
6.00 **NBC's Pro-Football Talk** Mike Florio and Chris Simms present this NFL talk show, as they discuss and debate the biggest stories from around the league.
8.00 **NFL Highlights** Action from the NFC Championship game. **9.00** AFC Championship game.
10.00 **NFL Bitesize Highlights** New England Patriots v Los Angeles Chargers in the fifth Wild Card play-off at Gillette Stadium in Foxborough, Massachusetts. **10.15** Carolina Panthers v Los Angeles Rams in the first Wild Card play-off at Bank of America Stadium in North Carolina. **10.30** Highlights from the AFC Championship game. **10.45** NFC Championship game.
11.00 **NFL Highlights** Tampa Bay Buccaneers v Atlanta Falcons.
12.00 M'T **The Insiders** The latest news covering all 32 NFL teams.
1.00 **to 6.00** AM **NFL Highlights**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **Sky Sports News**
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
12.00 NOON **Transfer Talk**
1.00 PM **Lunchtime Live**
1.50 **LIVE WPL Gujarat Giants v Delhi Capitals.** The T20 match from Baroda Cricket Association Stadium.
5.30 **The Premier League Show**
7.00 **Gillette Labs Soccer Special**
7.30 **EFL Greatest Games**
7.35 **LIVE EFL Cardiff City v Barnsley.** Coverage of the League One match staged at Cardiff City Stadium. The sides have not met since the 2021/22 Championship campaign, when the teams drew 1-1 here. Kick-off **7.45pm**.
9.45 **Gillette Labs Soccer Special**
10.15 **Soccer Special Post-Match**
10.30 **Back Pages Tonight**
11.00 **Sky Sports News**
12.00 M'T **LIVE NBA Basketball Philadelphia 76ers v Milwaukee Bucks.** Coverage of the Eastern Conference match at Xfinity Mobile Arena. Tip-off **1.00am**.
3.30 AM **Sky Sports News**
4.00 **to 6.00** AM **WTA Tennis**

Sky Sports Mix

416 412 510 429 449

6.00 AM **PGA Tour Golf**
7.00 **Best of England v South Africa**
7.15 **LIVE ICC Under-19s World Cup Cricket** Coverage of a Super Six match at Queens Sports Club in Bulawayo, Zimbabwe, where the third-placed team in Group C face the Group B winners.
3.00 PM **Best of England v South Africa** Action from 2011.
3.15 **Best of ICC WT20**
3.30 **NFL Bitesize Highlights**
4.00 **Big Bash League** The final.
5.00 **PGA Tour Golf** Highlights.
6.00 **NFL Highlights**
8.00 **Best of ICC WT20**
8.30 **Spirit of Yachting**
9.00 **PGA Tour Golf** Highlights.
10.00 **ATP Tennis** Brisbane Open final.
11.00 **State of Origin Rugby League**
12.00 M'T **PL Greatest Games**
1.00 AM **World Darts Championship**
3.00 **LIVE NBA Basketball Utah Jazz v Los Angeles Clippers.** Coverage of the Western Conference match held at Delta Center. Tip-off **3.00am**.
5.30 **to 6.00** AM **NFL Bitesize Highlights**

TNT Sports 3

413 415 523 410 432

6.00 AM **The Match That Changed Tennis** An Australian Open final.
7.00 **LIVE Australian Open** The 10th day of the opening Grand Slam held at Melbourne Park.
1.30 PM **International T20 Cricket**
2.30 **UEFA Champions League**
3.00 **Premier League**
4.30 **LIVE Alpine Skiing** Run one of the men's giant slalom in Austria.
6.15 **The Monuments**
6.45 **The Gallagher PREM**
7.00 **UEFA Champions League**
7.30 **LIVE Alpine Skiing** Run two of the men's giant slalom in Austria.
8.45 **TNT Sports Cricket Reload**
9.00 **UEFA Champions League**
9.30 **Isuzu UTE A-League Highlights**
10.00 **Ninja A-League Women**
10.30 **The Breakdown** World Cup.
11.00 **Australian Open** The 10th day.
12.30 AM **LIVE Australian Open** Day 11 of the first Grand Slam of the season, featuring quarter-finals.
5.30 **to 6.00** AM **Spirit of Yachting**

TNT Sports 4

414 416 524 411 434

6.00 AM **Tour de France Women**
7.00 **Spirit of Yachting**
7.30 **Giro d'Italia Men Highlights**
8.30 **Simon Yates: Giro Redemption**
9.30 **Tour de France Men Highlights**
10.30 **La Vuelta Men** Highlights.
11.30 **LIVE Men's Cycling Pro Series** Stage one of the Alula Tour.
1.30 PM **Women's Cycling Pro Series**
2.30 **Tour de France Women**
3.30 **Uphill Climb** Tour de France.
4.15 **The Gallagher PREM**
4.30 **WRC Review** Monte Carlo.
5.30 **Spirit of Yachting**
6.00 **Australian Open** The 10th day.
7.30 **Premier League Review**
8.30 **Men's Cycling Pro Series**
9.30 **One-Day International Cricket**
10.30 **International T20 Cricket**
11.30 **The Monuments**
12.00 M'T **Alpine Skiing** In Schladming.
1.00 AM **Men's Cycling Pro Series**
2.00 **German Masters Snooker**
4.00 **International T20 Cricket**
5.00 **to 6.00** AM **Alpine Skiing**

Premier Sports 1

419 551

6.00 AM **Sporting Countdowns**
7.00 **Football** Highlights and features.
1.30 PM **Sporting Greats**
2.00 **NHL on the Fly**
2.30 **NHL: This is Hockey**
3.00 **URC in 60** Recent action.
4.00 **Coppa Italia** AS Roma v Torino.
5.55 **Top 14 Rugby Union Highlights** The 15th round.
6.25 **Eredivisie Highlights**
7.25 **LaLiga Match Highlights**
7.55 **LIVE Coppa Italia Fiorentina v FC Como.** The last-16 match at Stadio Artemio Franchi. Kick-off **8.00pm**.
10.15 **LaLiga Match Highlights**
11.00 **NHL Ice Hockey**
1.00 AM **LIVE NHL Ice Hockey St Louis Blues v Dallas Stars.** Coverage of the Western Conference match at Enterprise Center. Face-off **1.00am**.
4.00 **NHL: This is Hockey**
4.30 **NHL Specials** Florida Panthers.
5.00 **to 6.00** AM **NHL Tonight**

Premier Sports 2

420 552

6.00 AM **Eredivisie** A match replay.
8.00 **NHL Ice Hockey** Tampa Bay Lightning v Utah Mammoth.
10.00 **Football's Greatest**
11.00 **United Rugby Championship**
1.00 PM **Temples of Sport**
2.00 **LaLiga** Valencia v Espanyol. **4.00** Sevilla v Athletic Bilbao.
6.00 **Temples of Sport**
7.00 **Top 14 Rugby Union** Bordeaux Begles v Stade Francais.
9.00 **Temples of Sport**
10.00 **NHL Ice Hockey** Tampa Bay Lightning v Utah Mammoth.
12.00 M'T **LIVE NHL Ice Hockey Boston Bruins v Nashville Predators.** Coverage of the inter-conference match from TD Garden. Face-off **12.00m't**.
3.00 **to 6.00** AM **LIVE NHL Ice Hockey Seattle Kraken v Washington Capitals.** The inter-conference match from Climate Pledge Arena. Face-off is at **3.00am**.

Sky Sports F1

407 407 516 506 424 444

6.00 AM **The Best of F1 2025**
8.00 **Formula 2** Hungarian Grand Prix.
10.50 **The Story of the 2025 Season**
11.00 **The F1 Show** Race preview.
12.00 NOON **Formula 1** Highlights.
2.15 PM **F1 Features**
3.00 **Formula 1** The 2025 Hungarian Grand Prix at Hungaroring.
7.40 **The Story of the 2025 Season**
7.50 **Lando Norris's Career**
8.00 **Willy T. Ribbs Motorsport's Black Pioneer** A profile.
9.00 **Ted's Testing Podbook**
9.30 **Formula 1** Hungarian Grand Prix.
10.30 **Ted's Testing Podbook**
11.00 **Formula 1** Highlights.
1.00 **to 6.00** AM **The Best of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Wednesday 28 January Evening Planner

Wednesday

Football

Champions League

TNT Sports, kick offs 8pm

The final matches in the league phase of the competition include the seemingly unstoppable Arsenal v Kairat Almaty.

OnDemand

Disney+

Wonder Man

Available today

An actor (Yahya Abdul-Mateen II) auditions for a superhero film, unaware that he has gained powers of his own.

OnDemand

tv

Shrinking

Available today

Harrison Ford and Jason Segel return for a third season of the comedy drama, with Jimmy preparing for Alice leaving for college.

OnDemand

prime

The Wrecking Crew

Available today

Action comedy with Jason Momoa and Dave Bautista as brothers out to avenge their father.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 The Repair Shop		9.00 Can You Keep...	9.30 Black Ops	10.00 News; Local News	10.40 MOTD...
	102 BBC2	7.00 Celebrity Antiques Road Trip		8.00 Digging for Britain		9.00 Cold Case Investigators: Solving...		10.00 One Foot in...	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Deal or No...	8.00 Emmerdale	8.30 Coronation...	9.00 Grantchester		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Kirstie and Phil's Love It or List It		9.00 Patience		10.00 Space Shuttle Challenger: Days That...	
	105 5	7.00 GPs: Behind Closed Doors		8.00 Casualty 24/7: Every Second Counts		9.00 Surgeons: A Matter of Life or Death			10.30 Ambulance...
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 Landscape Artist of the Year		9.00 Band of Brothers			
ENTERTAINMENT	115 BBC3	7.05 SpongeBob...	7.30 Deadly 60	8.00 Top Gear		9.00 The Beauty Queen and the Catfish			
	116 BBC4	7.00 Great British...	7.30 Wainwright...	8.00 Brian Cox's Adventures in Space and...		9.00 Tribe		10.00 Smiley's People	
	118 ITV2	7.00 Wheel of Fortune		8.00 The Real Housewives of Orange County		9.00 Love Island: All Stars		10.05 Grosse Pointe Garden Society	
	136 MORE4	‹ 6.55 Car S.O.S.		7.55 The Dog House		9.00 24 Hours in A&E			
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 First Dates		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Police 24/7		8.00 Law & Order: Criminal Intent		9.00 Matlock		10.00 Doc	
	108 SKY ATLANTIC	‹ 6.50 Game of Thrones				9.00 Mare of Easttown		10.10 Heated Rivalry	
	110 U&GOLD		7.20 Dad's Army	8.00 The Vicar of Dibley					10.20 Men Behaving Badly
	111 U&DAVE	7.00 Would I Lie to You? At...	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Grace				10.00 Foyle's War	
	120 ITV4	7.00 Gallagher PREM Unleashed		8.00 Junk & Disorderly		9.00 Film: Thunderball			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Michael McIntyre's Big Show		10.00 8 Out of 10 Cats Uncut	
	152 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate SG-1		9.00 Film: Cast a Deadly Spell			
	113 SKY MAX		7.15 Stargate SG-1		8.15 Never Mind the Buzzcocks	9.00 Film: Jericho Ridge			
	109 U&ALIBI	7.00 Miss Fisher's Murder Mysteries		8.00 Death in Paradise					
	124 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Landscape Artist of the Year		9.00 Art's Most Erotic		10.00 Art's Most Horrific	
	132 U&W	7.00 My Kitchen Rules: New Zealand			8.30 NCIS: New Orleans				10.20 Elementary
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers				9.00 Mud Madness		10.00 Kindig Customs	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Preposterous Pets		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Pole to Pole with Will Smith		9.00 NaHitler's Last Stand		10.00 Gladiators: Warriors of the Ancient...	
	123 SKY HISTORY	7.00 Forged in Fire Armed Forces...		8.00 Britain's Most Historic Towns		9.00 The Curse of Oak Island		10.00 Forged in Fire	
	155 U&YESTERDAY	7.00 Great Canal Journeys		8.00 Abandoned Engineering		9.00 Mega Metro		10.00 Bangers & Cash	
	121 SKY DOCS	‹ 6.55 Telemarketers		8.05 Murder at the Post Office		9.00 Spielberg			
FILMS – Sky Cinema	301 PREMIERE	‹ 6.30 Nuremberg				9.00 The Toxic Avenger			
	302 FEEL GOOD	‹ 6.00 Mamma Mia!		8.00 Mamma Mia! Here We Go Again				10.00 Groundhog Day	
	303 BRIT HITS	‹ 5.50 Darkest Hour		8.00 Lee				10.05 Children of Men	
	304 GREATS	‹ 5.05 The Godfather Part III		8.00 Dirty Harry			9.50 The Day of the Jackal		
	305 ANIMATION	‹ 5.55 Monster Family	7.35 Monster Family 2			9.25 Straight Outta Nowhere: Scooby-Doo! Meets Courage the...			
	306 FAMILY	‹ 6.00 Wicked			8.45 Teenage Mutant Ninja Turtles				10.30 Peter Pan
	307 ACTION	‹ 5.20 Transformers: Dark of the Moon		8.00 The Beekeeper			9.50 Man of Steel		
	308 COMEDY	‹ 6.10 Daddy's Home 2		8.00 Two Weeks Notice			9.45 The Blues Brothers		
	309 THRILLER	‹ 5.45 The Perfect Storm		8.00 Jason Bourne				10.05 American Gangster	
	310 DRAMA	‹ 5.45 It Ends with Us		8.00 American Sniper				10.15 Empire of the Sun	
	311 SCI-FI	‹ 5.25 Furiosa: A Mad Max Saga		8.00 A Quiet Place: Day One			9.50 After Earth		
	313 FILM4	‹ 6.00 Le Mans '66				9.00 Daredevil			
SPORT	401 MAIN EVENT	‹ 5.30 FIFA Women's Champions Cup – Live			8.30 Gillette Labs Soccer Special				10.30 Back Pages...
	402 PREMIER LEAGUE	7.00 Gillette Labs Soccer Special						10.15 PL Stories	
	403 FOOTBALL	‹ 5.30 FIFA Women's Champions Cup – Live (Kick-off 6.00)			8.30 EFL Goals		9.30 Bundesliga Highlights Show		10.30 WSL
	405 CRICKET	7.00 WPL							
	410 TNT SPORTS 1	‹ 6.30 UEFA Champions League Goals Show Xtra							
	411 TNT SPORTS 2	‹ 6.30 UEFA...	7.30 UEFA Champions League – Live: Liverpool v Qarabag (Kick-off 8.00)					10.00 UEFA Champions League Goals...	

‹ Denotes programmes starting before 7.00pm † Regions vary

WEDNESDAY

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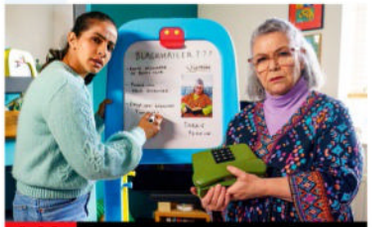
Wednesday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Rip Off Britain** (S)(R)
11.15 **Homes Under the Hammer** New edition From Lancashire. (S)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Lost and Found in the Lakes** New edition A wedding ring. (S)
2.30 **Marcus Wareing Simply Provence** High-quality cheese. (S)(R)
3.00 **Escape to the Country** (S)(R)
3.45 **The Travelling Auctioneers** (S)(R)
4.30 **Antiques Road Trip** New edition In Shropshire and north Wales. (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)
6.55 **Party Political Broadcast** (S)



9.00 Can You Keep a Secret?

7 PM

7.00 The One Show
Alex Jones and Vernon Kay present the topical show. (S)

7.30 EastEnders
Vicki faces Joel in court as his trial begins, Ian swears revenge on Elaine, while Bea searches for a new job. (S)(AD)

8 PM

8.00 The Repair Shop
New edition The experts are presented with a retro sit-down salon hairdryer that no longer works, a collection of intricately carved Nigerian figurines and a silk rugby flag from a 1936 international match. (S)(AD)

9 PM

9.00 Can You Keep a Secret?
New episode 4/6. Neha helps Debbie to hunt down the blackmailer. (S1) (S)(AD)
■ Entire series on BBC iPlayer

9.30 Black Ops
New episode 4/6. Dom and Kay ambush Steve. (S2) (S)(AD)

10 PM

10.00 BBC News (S)
10.30 Local News (S)
10.40 MOTD: UEFA Champions League
Action from the final round of league phase matches, including Paris Saint-Germain v Newcastle United at Parc des Princes and Napoli v Chelsea at Stadio Diego Armando Maradona. (S)
12.00 M'T **Michael McIntyre's Big Show** With KSI, Angela Scanlon, Sophie Ellis-Bextor and Shane Richie. Plus, music by Myles Smith. (S)(R)
1.00 AM **Would I Lie to You?** With guest panellists Jo Brand, Josie Gibson, Beverley Knight and Alasdair Beckett-King. (S)(R)
1.30 **Weather for the Week Ahead** Seven-day forecast. (S)
1.35 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.15 AM **Homes Under the Hammer** (R)
7.15 **Escape to the Country** (S)(R)
8.00 **Sign Zone: Rick Stein's Australia**
9.00 **BBC News** (S)
11.15 **Politics Live** (S)
1.00 PM **Impossible** Quiz show. (S)(R)
1.45 **Brainbox Challenge** (S)(R)
2.15 **The Boss** Quiz show. (S)(R)
3.00 **The Vintage French Farmhouse**
3.45 **Who Do You Think You Are? USA** With Jennifer Grey. (S)(R)(AD)
4.15 **Earth's Greatest Spectacles** (S)(R)
5.15 **Flog It!** From Blackpool. (S)(R)
6.00 **Richard Osman's House of Games** New edition With guests Tasha Ghouri, Jon Kay, Alexandra Mardell and Griff Rhys Jones. (S)
6.30 **Clive Myrie's African Adventure** New edition 3/10. In Cape Town, Clive serves lunch to the residents of a penguin rehab centre. (S)(AD)

6.30 Clive Myrie's African Adventure

7.00 Celebrity Antiques Road Trip
Gethin Jones and Dr Xander Van Tulleken cruise across the Welsh border in a couple of large classic American motors, guided by experts Irita Marriott and Serhat Ahmet. (S)(R)

8.00 Digging for Britain
New edition 4/6. Featuring the last Anglo-Saxon king of England Harold Godwinson's lost estate, a completely intact 4,000-year-old cremation vessel and an unprecedented Roman whetstone factory. (S)

9.00 Cold Case Investigators: Solving Britain's Sex Crimes
1/2. Following detectives as they use DNA to reinvestigate the kidnap and serious sexual assault of two schoolgirls in 2002 and the rape of a teenage boy in 1983. (S)(R)(AD)

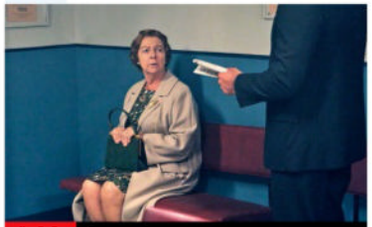
10.00 One Foot in the Grave
4/6. Victor and Margaret are trapped in the shed by a swarm of bees. (S1) (S)(R)(AD)
10.30 Newsnight (S)

11.00 **Unspun World with John Simpson** Reflecting on the week's major global news stories. (S)
11.30 **FILM Relic** Horror starring Emily Mortimer and Robyn Nevin. (S) (2020, 15, 85min) ★★★★
12.55 AM **Sign Zone: Mystery Road: Origin** 3/6. Jay's brother is blamed for a shooting. (S1) (S)(R)(AD)
1.45 **Sign Zone: Call the Midwife** (S)(R)
2.45 **Sign Zone: Amanda & Alan's Greek Job** (S)(R)(AD)
3.15 **to 6.15** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
9.30 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** New edition David Dickinson and the team value antiques in Burton upon Trent. (S)(AD)
3.00 **Time Is Money** New edition Quiz show hosted by Sara Davies. (S)
4.00 **Deal or No Deal** New edition Stephen Mulhern hosts as Hunika takes on the infamous Banker. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.25 **Party Political Broadcast** By the Liberal Democrats. (S)
6.30 **ITV News** (S)



9.00 Grantchester

7.30 Deal or No Deal: Banker's Best Battles
New edition Stephen Mulhern looks back at some of the most iconic *Deal or No Deal* editions. This time, Matthew and Alex are given their opportunity to open the iconic red boxes. (S)

8.00 Emmerdale
Joe is utterly overwhelmed, and Kim remains defiant. (S)(AD)
8.30 Coronation Street
The residents gather to pay their last respects to Billy, and Theo relieves Todd of an emotional task. (S)(AD)

9.00 Grantchester
New episode 5/8. Leonard's drinking lands him in a prison cell overnight. When he wakes up, the consequences escalate from there. (S10) (S)(AD)
■ Entire series on ITVX

10.00 ITV News (S)
10.30 Local News (S)
10.45 Peston
Political magazine hosted by Robert Peston, featuring interviews with MPs, topical guests and cultural figures. (S)

11.40 **Gallagher PREM Unleashed** A look back at the action from the 10th round of fixtures, including Harlequins v Leicester Tigers and Gloucester v Bath. (S)(R)
12.00 M'T **Teleshopping**
3.00 AM **Tonight: Wellness – What Really Works?** (S)(SL)(R)
3.25 **Ainsley's Taste of the Bahamas** Comfort food. (S)(SL)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Deal or No Deal** (S)(R)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 5-7/22. (S7) (S)(R)
7.50 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 13-16/24. (S10) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Car S.O.S** (S)(R)(AD)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** New edition In France, a couple aim to turn an abandoned building project into a dream business. (S)
5.00 **Chateau DIY: Win the Dream** New edition Max McMurdo's latest renovation challenge pushes the contestants' creativity, skill and nerves to the limit. (S)(AD)
6.00 **A Place in the Sun** New edition A couple look for a Spanish holiday home near Valencia. (S)

8.00 Kirstie and Phil's Love It or List It

7.00 News (S)

8.00 Kirstie and Phil's Love It or List It
New edition Kirstie and Phil help wheelchair user Andy who wants rid of his dated Grantham bungalow, while partner Sam thinks they should invest in making it work for them. (S)(AD)

9.00 Patience
New episode *A Monk's Tale:* 7/8. Frankie and Patience enter the world of a monastery after a monk is found dead in the chapel, seemingly killed while in prayer. (S2) (S)(AD)
■ Concludes tomorrow

10.00 Space Shuttle Challenger: Days That Shocked the World
Exploring the destruction of the space shuttle in 1986, with personal testimony from the crew's families and colleagues, and the engineers working behind the scenes. (S)(R)(AD)

11.00 **Mission to Space with Francis Bourgeois** 1/2. (S)(SL)(R)(AD)
12.05 AM **Celebrity SAS: Who Dares Wins** The final day. (S)(SL)(R)(AD)
1.00 **Ramsay's Kitchen Nightmares USA** From New York. (S)(SL)(R)
1.50 **FILM The Empty Man** Horror. (S) (SL)(R) (2020, 18, 140min) ★★★★
4.10 **George Clarke's Amazing Spaces**
4.35 **Sunday Brunch** (S)(R)
4.50 **Kirstie and Phil's Love It or List It**
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Topical discussion. (S)
3.00 **The Madame Blanc Mysteries** *Windows:* 6/6. A vengeful ex-con plans on tracking Patrick down. (S3) (S)(R)(AD)
4.00 **Bargain-Loving Brits in the Sun** New edition On the Costa del Sol, show-bar owners Andrea and Paul attempt to draw in a younger crowd. (S)
5.00 **News** (S)
6.00 **The Motorway** In the north-west, Gavin and Martin are looking for a pedestrian on the M6 in poor visibility. (S)(R)
6.55 **News** (S)

8.00 Casualty 24/7

7.00 **GPs: Behind Closed Doors** At Bradford's Ridge Medical Practice, baby Imaan is suffering severe nappy rash, while Gemma has a worrying tongue ulcer. (S)(R)
7.55 **News** (S)

8.00 **Casualty 24/7: Every Second Counts** New edition Paramedics bring in 67-year-old Dianne, who is suspected of having sepsis, and 81-year-old Pat arrives with multiple injuries after suffering a fall. (S)

9.00 **Surgeons: A Matter of Life or Death** New edition 4/6. A woman with a tumour on the inside of her tear duct must have her eye removed, and a man is having his cancerous bladder replaced. (S)

10.30 **Ambulance: Code Red** Critical care paramedics Lisa Brown and Dudley Mobbs are called to a house in High Wycombe where a handyman has plummeted 18ft from a ladder. (S)(R)

11.30 **Skin A&E** Dr Adil Sheraz treats a giant ear keloid. (S)(R)
12.30 AM **Car Pound Cops** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **World's Most Scenic Railway Journeys** Following a 10-day expedition through Africa. (S)(R)
3.50 **Susan Calman's Grand Week by the Sea** From Tenby. (S)(R)
4.35 **The Highland Vet** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate SG-1** (S6) (S)(R)
11.00 **Pride Rules** (S)(R)
12.00 NOON **The Flash** (S8) (S)(R)
1.00 PM **Hawaii Five-0** (S10) (S)(R)
3.00 **S.W.A.T.** 6/18. (S4) (S)(R)(AD)
4.00 **NCIS: Los Angeles** (S13) (S)(R)
5.00 **The Simpsons** *Dancin' Homer:* Homer becomes a baseball team's mascot. With the guest voice of Tony Bennett. (S)(R) **5.30** *The Tipping Point:* Homer flips out when tipping culture gets out of hand. (S)(R)
6.00 **The Office (US)** 6/6. A beautiful woman causes a stir. (S1) (S)(R) **6.30** 1/22. The staff members have to endure the annual awards banquet. (S2) (S)(R)

8.00 Landscape Artist of the Year

7.00 **The Simpsons** *Dead Putting Society:* Bart and Todd Flanders compete in a golf tournament. (S)(R) **7.30** *Bart v Thanksgiving:* Bart runs away from home at Thanksgiving and ends up in a shelter. (S)(R)

8.00 **Landscape Artist of the Year** New edition The third heat takes place in the Port of Dover, where host Stephen Mangan is joined by judges Kathleen Soriano, Tai Shan Schierenberg and Eva Langret. (S)(AD)

9.00 **Band of Brothers** *The Breaking Point:* 7/10. Having beaten the Germans at Bastogne, an exhausted Easy Company are ordered to take the nearby town of Foy, but many of the troops are killed in the process. (S)(R)

10.15 **Band of Brothers** *The Last Patrol:* 8/10. Winters ignores a direct order to send a patrol into enemy territory to capture prisoners, believing the mission to be unacceptably hazardous. (S1) (S)(R)

11.20 **Karl Pilkington: The Moaning of Life** 3/6. Karl meets a group of vigilante superheroes in San Diego as he goes in search of people with unique attitudes towards life. (S)(R)(AD)
12.20 AM **The Force: Manchester** Double bill of the series. (S)(R)
2.10 **Road Wars** (S)(R)
3.00 **S.W.A.T.** 6/18. (S)(R)(AD)
4.00 **NCIS: Los Angeles** (S13) (S)(R)
5.00 **to 6.00** AM **Highway Patrol** (R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
2.30-3.00pm Politics Scotland (S) **12.00m't** Scotcast (S)(R) **12.30-1.30am** Michael McIntyre's Big Show (S)(R)

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
10.40pm Titanic Sinks Tonight (S)(R) **11.40** MOTD: UEFA Champions League (S) **1.00am** Things You Should Have Done (S)(R) **2.00-6.00am** BBC News (S)

WALES
Sky **965**, Virgin **864**, Freesat **965**
No variations

BBC2

N. IRELAND
Sky **969**, Freesat **969**
No variations

WALES
Sky **968**, Freesat **968**
7.00pm Celebrity Mastermind Series finale (S) **7.30-8.00pm** Nigella: At My Table (S)(R)

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **11.00** Dysgu Gyda Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Cymry ar Gynfas **12.30** Heno **1.00** Cartrefi Cymru **1.30** Gwlad y Basg: Gwilym Bowen Rhys **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Priodas Pum Mil **4.00** Awr Fawr **5.00** Stwnsh **6.00** Ralio+ **6.25** Darlledia Gwleidyddol New edition **6.30** Rownd a Rownd (AD) **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm (AD) **8.25** Y Deis New edition **8.55** Newyddion a'r Tywydd **9.00** Dal y Mellt (AD) **10.00** Byd Eithafol: Neo-Nazis yn Ein Plith **11.00-11.35pm** Welsh Whisperer – Ni'n Teithio Nawr! (AD)

TV&Satellite week
More channels than any other TV magazine

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **SpongeBob SquarePants** Plankton tells Patrick he is his conscience. **7.15** Mr Krabs opens up the kitchen so customers can watch SpongeBob cooking.
7.30 **Deadly 60** Steve Backshall encounters Australia's wildlife.
8.00 **Top Gear** Richard visits Abu Dhabi's Yas Marina circuit to drive the Porsche 918 Spyder.
9.00 **The Beauty Queen and the Catfish** 1/3. The story of a nurse who targeted, harassed, exploited and stalked hundreds of women. **9.45** 2/3. Victim Abbie Draper decides to take her findings to the police. **10.30** 3/3. The victims finally have justice, but are left searching for answers.
11.15 FILM **Queen & Slim** Crime drama with Daniel Kaluuya and Jodie Turner-Smith. (2019, 15, 132min) ★★★★
1.20 AM **Danielle Does Life**
1.35 **Top Gear** As 8.00pm.
2.35 **to 3.55** AM **RuPaul's Drag Race UK vs the World**

MORE4

136/137 127 147 18 124 15

8.55 AM **Strangers on a Plane**
9.30 **Find It, Fix It, Flog It**
10.25 **A Place in the Sun**
11.30 **Come Dine with Me**
2.10 PM **Four in a Bed**
4.50 **A Place in the Sun** A former police officer looks for a holiday home on the island of Fuerteventura.
5.55 **Car S.O.S** Fuzz Townshend and Tim Shaw take on a 1969 Jensen Interceptor.
6.55 **Car S.O.S** Fuzz and Tim secretly work on a 1929 Rolls-Royce 'doctor's coupe'.
7.55 **The Dog House** Tiny Yorkshire terrier pair Lola and Bailey show size doesn't matter when there are two of you – especially with the backing of Woodgreen's dog behaviour expert Sue.
9.00 **24 Hours in A&E** A teenager is rushed to hospital with a lacerated wrist after putting his hand through a pane of glass, while another patient discusses being diagnosed with a chronic condition.
10.00 **24 Hours in A&E** A 52-year-old cyclist is rushed in after being hit by a car, while a 92-year-old former Baptist minister is admitted after suffering a fall while out on a walk.
11.05 **999: On the Front Line**
1.15 AM **24 Hours in A&E**
3.25 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 347 125

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Great British Railway Journeys** Michael Portillo explores Bradford, Shipley and Hebden Bridge.
7.30 **Wainwright Walks** The summit of High Street in the Lake District's fells.
8.00 **Brian Cox's Adventures in Space and Time** 1/4. The physicist reflects on the most challenging and intriguing questions facing science today.
9.00 **Tribe** 1/6. Bruce Parry visits the remote Matis people of the Amazon rainforest.
10.00 **Smiley's People** 3/6. Smiley plans to visit old friends. **11.00** 4/6. Smiley gets into trouble with his superiors, who want the investigation closed. (S1)
11.55 **Sleuths, Spies & Sorcerers: Andrew Marr's Paperback Heroes**
12.55 AM **Great British Railway Journeys** As 7.00pm.
1.25 **Wainwright Walks**
1.55 **Tribe** As 9.00pm.
2.55 **to 3.55** AM **Brian Cox's Adventures in Space...**

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Goldbergs**
10.00 **Modern Family**
11.00 **Ramsay's Kitchen Nightmares USA**
1.00 PM **Brooklyn Nine-Nine**
2.00 **The Simpsons**
3.00 **The Goldbergs**
4.00 **Modern Family**
5.00 **Brooklyn Nine-Nine**
6.00 **The Simpsons** Double bill.
7.00 **Hollyoaks** A scare leaves Cleo and Sienna in turmoil.
7.30 **The Simpsons** *Stealing First Base:* Bart steals a kiss from a girl at school.
8.00 **First Dates** *The Traitors* 2023 finalist Aaron enters the restaurant looking for love, and Krissy returns to the dating scene for the first time after becoming a first-time mum at age 51.
9.00 **Gogglebox** *Bridgerton, The Piano* and *Britain's Got Talent* are appraised.
10.00 **Gogglebox** The critics offer their opinions on the best TV shows of early 2024.
11.05 **Open House: The Great Sex Experiment**
12.10 AM **Naked Attraction**
1.15 **First Dates**
2.20 **Gogglebox**
4.10 **The Goldbergs**
5.00 **to 6.00** AM **Don't Tell the Bride**

+1 hr 235/236 306 30 123 256

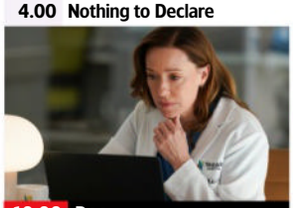
WEDNESDAY Entertainment

Wednesday

Sky Witness

107 107 110 341 356

6.00 AM **Nothing to Declare**
8.00 **Border Patrol**
9.00 **Send in the Dogs**
10.00 **Border Security: Canada's Front Line** Double bill.
11.00 **A1: Britain's Longest Road**
12.00 NOON **FBI** 1/22. (S5)
1.00 PM **The Rookie** 9/22. A suspect dies while in custody.
2.00 10/22. Nyla and James find themselves in the middle of a bank robbery. (S5)
3.00 **Watson** 3/13. John treats a comedian who collapsed. (S1)
4.00 **Nothing to Declare**



10.00 Doc

7 PM
7.00 Police 24/7 A traffic stop leads to a drug arrest, with the suspect hiding drugs in an unusual place.

8 PM
8.00 Law & Order: Criminal Intent *Assassin:* 14/22. Logan and Wheeler are on the trail of an unlikely assassin. (S7)

9 PM
9.00 Matlock New episode *Piece of My Heart:* 4/16. Olympia and the team take on a wrongful death case. (S2)

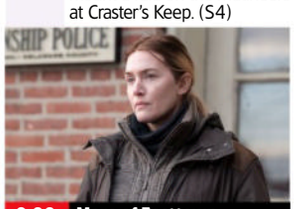
10 PM
10.00 Doc New episode *Chief:* 10/22. Amy and Sonya clash while treating a homeless patient. (S2)
■ Entire series on Box Sets
11.00 **The Rookie** 2/22. (S4)
12.00 M'T **FBI** 1/22. (S5)
1.00 AM **Law & Order: Criminal...**
2.00 **Law & Order: Organized Crime** 12/13. (S4)
3.00 **Road Wars** Double bill.
5.00 **to 6.00** AM **The Force: Manchester**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Urban Secrets**
7.00 **Richard E Grant's Hotel Secrets** Hotels in Tokyo.
8.00 **Boardwalk Empire** (S3)
10.10 **The Sopranos** (S3)
12.20 PM **Game of Thrones** (S4)
2.30 **The Wire** 9&10/12. (S3)
4.40 **Westworld** 8/10. Maeve's life hangs in the balance. (S2)
5.45 **Deadwood** 6/12. Wolcott goes on a rampage. (S2)
6.50 **Game of Thrones** 5/10. Jon and his band of volunteers mount a raid on the mutineers at Craster's Keep. (S4)



9.00 Mare of Easttown

7.55 Game of Thrones *The Laws of Gods and Men:* 6/10. Stannis and Davos arrive for their meeting with the Iron Bank, while Tyrion's trial begins in the throne room. (S4)

9.00 Mare of Easttown *Fathers:* 2/7. Mare questions suspects in a grisly murder case. (S1)

10.10 Heated Rivalry *I'll Believe in Anything:* 5/6. Ilya and Shane reconnect and they play on the same team for the first time. (S1)
11.15 **Heated Rivalry** 6/6. Scott discusses his coming out while accepting an award. (S1)
12.20 AM **Deadwood** As 5.45pm.
1.25 **The Sopranos** 9/13. (S3)
2.30 **Game of Thrones** (S4)
4.35 **In Treatment**
5.05 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S9)
8.00 **The Flash** 17/20. (S8)
9.00 **Stargate SG-1** (S6)
11.00 **SEAL Team** 6/10. (S7)
12.00 NOON **The Flash** 18/20. (S8)
1.00 PM **Hawaii Five-0** (S10)
3.05 **S.W.A.T.** 6/18. (S4)
4.10 **NCIS: Los Angeles** 15/22. The team investigate the death of a naval photographer. (S13)
5.15 **SEAL Team** 5/10. Tempers flare during a mission. (S7)
6.15 **Stargate SG-1** 21/22. Jonas's clairvoyant abilities are unearthed by the team. (S6)

9.00 Jericho Ridge

7.15 Stargate SG-1 *Full Circle:* 22/22. Daniel and Ska'ra return to help SG-1 find the Eye of Ra. (S6)

8.15 Never Mind the Buzzcocks CMAT, Sam Campbell and Calum Scott join the regulars.

9.00 FILM Jericho Ridge Thriller starring Nikki Amuka-Bird. Trapped and alone, a small-town cop must fight for her life when her remote office is targeted by lethal enemies. With Zack Morris and Chris Reilly. (2023, 15, 87min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
10.50 **Fear the Walking Dead** 3/16. Alicia and Nick fall in with new crowds, while Madison finds Otto's past mimics her own. (S3)
11.50 **The Force: Manchester**
2.00 AM **Road Wars** Vehicle crime.
3.00 **S.W.A.T.** 6/18. (S4)
4.00 **NCIS: Los Angeles** (S13)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Celebrity Dinner Date**
8.30 **Olivia Marries Her Match**
9.25 **The Only Way Is Essex**
10.25 **Real Housewives of Miami**
11.20 **Real Housewives of Beverly Hills** Reality series.
12.15 PM **Dinner Date**
2.15 **The Only Way Is Essex**
3.15 **Real Housewives of Orange County** Reality series.
4.10 **Real Housewives of Miami**
5.00 **Real Housewives of Beverly Hills** Reality series.
6.00 **Celebrity Catchphrase**

7.00 Wheel of Fortune

7.00 Wheel of Fortune Graham Norton hosts the game show as contestants compete for the chance to win big money prizes.

8.00 The Real Housewives of Orange County Shannon and Tamra hash out their versions of events following Shannon's DUI.

9.00 Love Island: All Stars New edition Famous former Islanders are given another shot at finding the one.

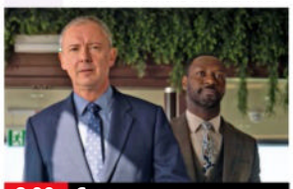
10.05 Grosse Pointe Garden Society New episode *Force of Nature:* 4/13. Catherine's affair exposes cracks in her facade. (S1)
11.05 **Family Guy** 15/20. Brian learns to invest in the stock market.
11.35 10/20. (S16)
12.05 AM **American Dad!** (S13)
1.05 **Bob's Burgers** 13/22. (S12)
1.35 **Olivia Attwood's Bad Boyfriends**
2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Never the Twain**
6.30 **On the Buses**
7.05 **Classic Emmerdale**
8.40 **Classic Coronation Street**
9.10 **Inspector Morse**
11.20 **Heartbeat** Double bill.
1.20 PM **Foyle's War** *Plan of Attack:* An RAF officer is found hanged in a wood.
3.30 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *Bad Company:* David decides he has had enough of Peggy's ways and walks out on the taxi service.



8.00 Grace

6.55 Heartbeat *Accidents Happen:* A prisoner is broken out of Ashfordly prison to pilot a helicopter on a secret mission.

8.00 Grace *Dead Man's Footsteps:* A sinister inquiry into skeletal remains found in a Brighton storm drain takes Grace down a labyrinthine trail through the past, but it's not only on the professional front that he is chasing ghosts.

10.00 Foyle's War *Broken Souls:* When an employee at a military psychiatric hospital is found murdered, there is no shortage of suspects.
11.55 **Trial & Retribution** 2/2. Susan receives a call from the mysterious man, who claims he can take her to her husband – and the police race to prevent a tragedy. (S9)
1.30 **to 2.30** AM **The Larkins**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Scotland's Home of the Year** Properties in Central and Tayside.
8.00 **Grand Tours of Scotland's Rivers** New edition Exploring the Oykel and the Don.
9.00 **Disclosure: Hunting the Whisky Bandits** Sam Poling investigates the scammers selling fraudulent investments in Scotland's £7billion whisky industry.
10.00 **The Chief** New episode 3/4. New justice minister Zander McGurk promises Miekelson a bigger budget.
10.30 Series finale 4/4. A background check sparks rumours about Miekelson's past. (S2)
11.00 **Scotcast** Topical debate.
11.30 PM **to 12.00** M'T **David Wilson's Crime Files**

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S2)
9.00 **Ballers** 3&4/10. (S1)
10.20 **Sex and the City** (S1)
11.30 **Entourage** (S2)
12.30 PM **Will & Grace** (S4)
1.30 **Sex and the City** (S1)
2.40 **Ballers** 4&5/10. (S1)
3.50 **And Just Like That...**
4.45 **The Office (US)** (S2)
5.45 **Will & Grace** (S4)
6.45 **Community** (S4)
7.45 **Sex and the City** 7/12. Miranda becomes possessive of Skipper.
8.20 8/12. Carrie discovers Big's secret swinging past with a smart and sexy rival. (S1)
9.00 **Larry David: Curb Your Enthusiasm** Spoof documentary about the *Seinfeld* writer.
10.15 **And Just Like That...**
11.05 **Community** (S4)
12.05 AM **Entourage** (S2)
1.15 **Ballers** (S1)
2.25 **Curb Your Enthusiasm**
3.40 **to 5.00** AM **Silicon Valley**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **Cirque du Soleil: Quidam** Circus show.
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **The Art of the Garden**
3.00 **World War II & Cinema**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Landscape Artist of the Year** New edition The third heat takes place in the Port of Dover.
9.00 **Art's Most Erotic**
10.00 **Art's Most Horrific**
11.00 **Art's Most Satanic**
12.00 M'T **The Warhol Effect**
2.00 AM **Blind Eye Artist**
3.40 **Van Gogh by Vincent**
4.40 **to 6.00** AM **National Trust: National Treasures**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: Canada's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: Canada's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Stargate Atlantis** (S5)
5.00 **Stargate SG-1** (S2)
6.00 **Star Trek: Voyager** (S6)
7.00 **Star Trek: The Next Generation** 22/26. (S6)
8.00 **Landscape Artist of the Year** The second heat takes place in St James's Park in the City of Westminster.
9.00 **The Rookie** (S1)
11.00 **Grimm** 1/22. (S5)
12.00 M'T **Wynonna Earp** (S3)
1.00 AM **Caught on Dashcam**
2.00 **Brit Cops: Frontline Crime UK** Documentary.
3.00 **The Force: North East**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Tenable for Soccer Aid** Five team-mates from Glasgow Rangers Women's FC take part.
3.00 **Wheel of Fortune**
4.00 **Time Is Money** Quick-fire quiz show hosted by Sara Davies.
5.00 **Deal or No Deal** Stephen Mulhern hosts as Sandra takes on the infamous Banker.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **Beat the Chasers** More hopefuls take on all of the Chasers.
10.00 **Tipping Point** Triple bill of the arcade-themed game show hosted by Ben Shephard in which four players hope to win the £10,000 jackpot.
12.55 AM **Tenable for Soccer Aid** Quiz show.
1.50 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **American Pickers**
11.00 **Find It, Fix It, Flog It**
12.00 NOON **A Place in the Sun** Triple bill.
3.00 PM **Kirstie and Phil's Love It or List It: Brilliant Builds**
3.30 **Come Dine with Me**
6.00 **Kirstie and Phil's Love It or List It**
7.00 **Location, Location, Location** In Cheshire.
8.00 **What Not to Eat**
9.00 **24 Hours in Police Custody: Burying Horror** Documentary.
10.05 **999: What Happened Next** A look into the fatal stabbing of a thief.
11.05 **Gogglebox**
12.05 AM **Celebrity Gogglebox**
1.10 **FILM The Zone of Interest** Holocaust drama. Subtitled. (2023, 12, 105min) ★★★★★
2.50 **999: What Happened Next** As 10.05pm.
3.50 **to 5.00** AM **24 Hours in A&E**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Big Match Revisited**
8.05 **Magnum, PI**
9.05 **Kojak**
10.10 **Boon**
11.20 **The Sweeney**
12.25 PM **Robin of Sherwood**
1.35 **Magnum, PI**
2.35 **Kojak**
3.45 **Boon**
4.50 **The Sweeney** *The Placer:* Regan goes undercover as a lorry driver to catch a gang.
5.55 **Minder** *Not a Bad Lad, Dad:* A nine-year-old boy turns up and claims he is Terry's son.

9.00 Thunderball

7.00 **Gallagher PREM Unleashed** Action from the 10th round of fixtures, including Harlequins v Leicester Tigers.

8.00 **Junk & Disorderly** Henry Cole and Allen Millyard restore a Triumph Trident bike and head out for the historic Prescott Hill Climb.

9.00 **FILM Thunderball** James Bond adventure starring Sean Connery. When SPECTRE steals two atomic bombs, only agent 007 can save the day. With Claudine Auger and Luciana Paluzzi. (1965, PG, 140min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Wrestling: AEW Collision** Hard-hitting action, featuring stars including FTR, Thunder Rosa, Jon Moxley and Miro.
1.35 AM **Minder**
2.35 **Unwind with ITV**
3.30 **to 4.00** AM **Motorsport Mundial**

+1 hour 220 318 118

Sky Sci-Fi

152 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 13/26. (S5)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 14/26. (S5)
2.00 **Blood & Treasure** (S2)
4.00 **Stargate SG-1** 2/22. (S2)
5.00 **Star Trek: Voyager** 6/16. The ship becomes ensnared in a strange cloud. (S1)
6.00 **Star Trek: The Next Generation** 13/26. Picard saves an endangered society. (S5)

11.00 Wynonna Earp

7.00 **Star Trek: Deep Space Nine** *In Purgatory's Shadow:* 14/26. Part one of two. Worf and Garak are imprisoned. (S5)

8.00 **Stargate SG-1** *In the Line of Duty:* 2/22. Carter's body is taken over by a parasitic alien. (S2)

9.00 **FILM Cast a Deadly Spell** Comedy thriller starring Fred Ward as a 1940s private eye trying to recover a priceless book of black magic for a client. With David Warner and Clancy Brown. (1991, 15, 93min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 **Wynonna Earp** 5/12. Waverly and Wynonna air their sisterly grievances. (S2)
12.00 M'T **True Blood** 3/12. Sookie pays a visit to Bill's house.
1.00 AM 4/12. Sookie discovers Dawn's body. (S1)
2.00 **Blood & Treasure** (S2)
4.00 **Wynonna Earp** As 11.00pm.
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S10)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 10/22. (S6)
11.00 **Hudson & Rex** As 5.00pm.
12.00 NOON **Miss Fisher's Murder Mysteries** 5/13. (S2)
1.00 PM **Death in Paradise** (S3)
2.00 **Murdoch Mysteries** (S10)
4.00 **The Mentalist** 10/22. (S6)
5.00 **Hudson & Rex** 8/20. Donovan's daughter looks into a murder on her campus. (S5)
6.00 **Father Brown** *The Last Tango in Kembleford:* The priest looks into a death at a dance school.

9.00 Death in Paradise

7.00 **Miss Fisher's Murder Mysteries** *Murder a la Mode:* 5/13. Phryne unexpectedly finds herself at a crime scene. (S2)

8.00 **Death in Paradise** *The Wrong Man:* 2/8. A zombie movie being filmed on the island ends in real-life horror. (S3)

9.00 **Death in Paradise** *Dishing Up Murder:* 6/8. A famous chef is found fatally stabbed. Guest stars Martin Compston.

10.00 **Death in Paradise** *The Blood Red Sea:* 7/8. A treasure hunter is found dead after making a valuable discovery. (S5)

11.00 **Father Brown** As 6.00pm.
12.00 M'T **So Help Me Todd** 18/21. Margaret has to deal with a bomb threat in the office. (S1)
1.00 AM **Death in Paradise** As shown at 8.00pm.
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.25 AM **Highlights**
9.20 **Are You Being Served?**
10.00 **Open All Hours**
10.40 **Keeping Up Appearances**
11.20 **Last of the Summer Wine**
12.40 PM **The Green Green Grass**
1.20 **Ever Decreasing Circles**
2.00 **Dad's Army**
2.40 **Are You Being Served?**
3.20 **Open All Hours**
4.00 **Ever Decreasing Circles**
4.40 **Last of the Summer Wine**
6.00 **Keeping Up Appearances**
6.40 **Open All Hours**

6.40 Open All Hours

7.20 **Dad's Army** Captain Mainwaring and Sergeant Wilson become trapped in the bank vault with an unexploded bomb.

8.00 **The Vicar of Dibley** Geraldine hits stardom after an appearance on Terry Wogan's radio show.
8.40 Alice shocks Geraldine with a pre-wedding revelation.
9.20 Geraldine's hopes of romance are fuelled by a visit from David's brother, while the Hortons return from honeymoon.

10.20 **Men Behaving Badly** Gary makes life as difficult as possible for Dorothy and her new love Jamie.

11.00 **The Vicar of Dibley** As shown at 8.00pm.
11.40 As shown at 8.40pm.
12.20 AM As 9.20pm.
1.20 **Men Behaving Badly**
2.00 **The Vicar of Dibley**
3.15 **to 4.00** AM **Men Behaving Badly**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.35 AM **Border Force: America's Gatekeepers** Double bill.
9.30 **Guy Martin: The World's Fastest Van?** Documentary.
11.00 **Rick Stein's Road to Mexico**
12.00 NOON **Bangers & Cash**
2.00 PM **Robson's Extreme Fishing Challenge**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British** Si King and Dave Myers explore comfort food.
6.00 **Rick Stein's Road to Mexico** The seafood chef heads from San Diego to Tijuana.

7.40 House of Games

7.00 **Would I Lie to You? At Christmas** Contestants include Ray Winstone and Ricky Tomlinson.
7.40 **Richard Osman's House of Games** With Charlie Baker and Martin Offiah.
8.20 With Natasha Raskin Sharp, Faye Tozer, Eddie Kadi and Charlie Stayt.

9.00 **QI XL** Guests Ross Noble, Johnny Vegas and Shappi Khorsandi join regular panellist Alan Davies and host Stephen Fry.

10.00 **Have I Got a Bit More News for You** Alan Johnson hosts the satirical quiz, with Janey Godley and Tim Shipman.

11.00 **Taskmaster** The contestants are challenged to taste-test some mystery baby food.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
1.20 **Would I Lie to You? At Christmas** As 7.00pm.
2.00 **to 4.00** AM **Not Going Out**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** (S1&2)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Witness:* 14/23. A woman claims to have witnessed a murder.
7.00 *Caught on Tape:* 15/23. The body of a US Marine is found at the foot of a cliff.
8.00 *Pop Life:* 16/23. A bartender wakes up next to a corpse. (S2)
9.00 **Criminal Minds** *Under the Skin:* 1/10. The BAU investigate an unknown subject that resembles a chilling figure. (S15)
10.00 **Law & Order: Special Victims Unit** *Gone Fishin':* 1/24. Fin catches a rapist in Havana. (S19)
11.00 **Law & Order: Special Victims Unit** (S19&18)
1.50 AM **NCIS** (S22)
2.45 **Law & Order Toronto: Criminal Intent** (S1)
3.35 **to 4.00** AM **Cops**

+1hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Shoplifters: Caught Red Handed**
11.00 **Traffic Cops**
12.00 NOON **Police Interceptors**
5.00 PM **Call the Bailiffs: Time to Pay Up**
6.00 **Home and Away**
7.00 **Fare Dodgers: At War with the Law** Officers carry out a major sting in Vauxhall.
8.00 **Call the Bailiffs: Time to Pay Up** Agents Mark and Sam try to recover over £11,000 from a cleaning business.
9.00 **FILM Max Payne** Crime action drama based on the computer game, starring Mark Wahlberg and Mila Kunis. (2008, 15, 99min) ★★★
11.00 **Fights, Camera, Action!**
1.00 AM **Police Interceptors**
3.35 **to 4.00** AM **Friends**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.10 **Trucking Hell**
9.25 **Traffic Cops**
10.25 **Police Interceptors**
12.25 PM **FILM Day of Anger** Western adventure. (1967, 15, 95min) ★★
2.15 **FILM Red Mountain** Western with Alan Ladd. (1951, PG, 84min) ★★
4.00 **The Motorway**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** PCs Matt Turner and Rich Woodward are on the tail of an uninsured vehicle.
9.00 **Traffic Cops** A suspected cloned car causes chaos in Derbyshire.
10.00 **Police: Night Shift 999**
11.00 **Banged Up Abroad**
12.00 M'T **Deadliest Weather: Caught on Camera**
1.05 AM **Ice Road Truckers**
2.05 **to 4.00** AM **Trucking Hell**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Australia** Culinary show.
7.00 **Tipping Point**
10.00 **DIY SOS: Veteran Street**
11.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: Veteran Street**
7.00 **My Kitchen Rules: New Zealand** Culinary show.
8.30 **NCIS: New Orleans** *The Walking Dead:* 13/23. A man is given a lethal dose of polonium.
9.25 *Careful What You Wish For:* 14/23. Brody is placed under investigation. (S1)
10.20 **Elementary** *Dirty Laundry:* 11/24. A body is discovered in the laundry of a high-end hotel in Manhattan. (S1)
11.20 **Nurses on the Ward**
12.20 AM **Louis Theroux's Altered States**
1.30 **to 3.00** AM **Michael McIntyre's The Wheel**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.25 AM **The Bill**
8.25 **Doctors**
9.40 **Classic Holby City**
10.40 **Classic Casualty**
11.50 **The Bill**
12.50 PM **Classic EastEnders**
2.10 **All Creatures Great and Small**
3.10 **Howards' Way**
4.20 **Bergerac**
5.20 **The Thin Blue Line**
6.00 **To the Manor Born**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Darby and Joan** 5/8. Sparks fly when Jack and Joan have to share a hotel room.
9.00 6/8. Jack helps a young athlete facing a doping accusation. (S1)
10.00 **New Tricks**
11.20 **Waking the Dead**
12.40 AM **Sister Boniface Mysteries** 4/10. (S1)
1.40 **The Thin Blue Line**
2.15 **to 4.00** AM **The Brokenwood Mysteries**

+1hr 243 316 60 260

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great Continental Railway Journeys**
8.00 **Bangers & Cash**
10.00 **Hitler's Supercars**
11.00 **World War Weird**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **Hitler's Supercars**
5.00 **World War Weird**
6.00 **Antiques Roadshow**
7.00 **Great Canal Journeys** Timother and Prunella cross the Scottish Highlands on a trip along the Caledonian Canal.
8.00 **Abandoned Engineering** New edition Projects that have been left in ruins.
9.00 **Mega Metro** Series finale Australia's largest transport project nears completion.
10.00 **Bangers & Cash**
1.00 AM **Abandoned Engineering**
2.00 **to 3.00** AM **Hitler's Supercars**

+1 hour 255 329

WEDNESDAY Entertainment

Wednesday

Really

142 153 165 44 149 40

6.00 AM **Celebrity Fantasy Homes** Property series.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **Antiques Road Trip** Double bill.
2.00 PM **The Repair Shop**
3.00 **The Yorkshire Auction House** A collection of rare books and toys.
4.00 **Long Lost Family**
5.00 **A Place in the Sun**
6.00 **Salvage Hunters**
9.00 **Fixer to Fabulous** New edition Dave and Jenny buy a lakeside cabin to renovate into a cosy retreat.
10.00 **Home Town** New edition Ben and Erin Napier help people moving to their town of Laurel, Mississippi.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Great! TV

157 167 170 34 32

8.10 AM **Highway to Heaven**
10.10 **Little House on the Prairie** 4-6/24. (S6)
1.10 PM **The Waltons** (S2)
4.10 **Hamish Macbeth** (S1)
5.20 **Doctor Finlay** 6/7. (S3)
6.30 **Rumpole of the Bailey**
7.30 **M*A*S*H** 1-3/20. (S9)
9.00 **Whatever Happened to the Likely Lads?** 12/13. Bob turns down the chance of going on a drunken rampage. **9.40** 13/13. Terry wreaks havoc on his neighbours. (S1) **10.20** 1/14. Bob and Thelma honeymoon in Norway. (S2)
11.00 **Hamish Macbeth** (S1)
12.10 AM **Rumpole of the Bailey** 1/6. (S3)
1.10 **Doctor Finlay** 6/7. (S3)
2.20 **Whatever Happened to the Likely Lads?** (S1)
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257

Great! Action

323 319 426 42 33

9.00 AM **Tombstone Territory**
10.30 **FILM Apache Ambush** Western adventure. (1955, U, 68min) ★★
12.00 NOON **The High Chaparral** 24/26. (S2)
1.00 PM **FILM Terror in a Texas Town** Western. (1958, b/w, PG) ★★★
2.50 **Wanted: Dead or Alive**
3.30 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The Persuaders!** (S1)
7.00 **The Avengers** (S4)
8.00 **The New Avengers**
9.00 **FILM General Commander** Thriller. (2019, 18, 85min) ★★
10.55 **FILM Punisher War Zone** Thriller. (2008, 18, 103min) ★★★
1.05 AM **The Avengers** (S4)
2.05 **The New Avengers**
3.05 **FILM Seattle Superstorm** Thriller. (2012, PG, 95min) ★★
4.40 **to 5.50** AM **Cops Uncut**

+1 hour 324

Great! Mystery

321 318 425 50 48

8.10 AM **Diagnosis Murder**
9.10 **Murder, She Wrote**
10.10 **Unforgettable** (S3)
11.10 **Castle** 1/23. (S6)
12.10 PM **Hailey Dean Mysteries** Crime drama.
2.05 **FILM Martha's Vineyard Mysteries: A Beautiful Place to Die** Drama. (2020, PG, 84min) ★★
4.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 2/23. (S6)
8.00 **Unforgettable** (S3)
9.00 **Hailey Dean Mysteries**
10.55 **FILM Mystery 101: An Education in Murder** Thriller. (2020, PG) ★★
12.50 AM **FILM Picture Perfect Lies** Thriller. (2021, PG, 89min) ★★
2.30 **FILM Stalked by My Mother** Mystery thriller. (2016, 12, 90min) ★★
4.05 **to 5.00** AM **Sue Thomas: F.B.Eye**

+1 hour 322

Great! Romance

319 317 424 52 47

8.10 AM **FILM A Picture Perfect Wedding** Drama. (2021, PG, 90min) ★★
10.15 **FILM The Vows We Keep** (2021, U) ★★
12.20 PM **FILM A Wedding for Belle** (2025, PG) ★★
2.15 **FILM Love By Accident** Drama. (2020, PG) ★★
4.15 **FILM A Summer to Remember** Comedy. (2018, PG, 90min) ★★
6.10 **FILM Romance in Hawaii** Romantic comedy. (2023, U, 89min) ★★
8.00 **FILM The Movie Star and the Cowboy** Drama. (2023, PG, 92min) ★★
10.00 **FILM Love Off the Page** Romantic drama. (2022, PG, 87min) ★★
11.55 **FILM Unleashing Mr Darcy** Romantic drama. (2016, PG, 85min) ★★
1.50 AM **Highway to Heaven**
2.45 **FILM Love By Accident**
4.15 **to 5.00** AM **Highway to Heaven**

+1 hour 320

Rewind TV

182 81 141

6.00 AM **Highlights**
8.30 **Thick as Thieves**
9.00 **Bubblegum & Cheese**
10.00 **The Brian Conley Show**
10.30 **Shine on Harvey Moon**
11.30 **The Fenn Street Gang**
12.00 NOON **The Lovers** (S1)
12.30 PM **The Dustbinmen**
1.00 **Wish Me Luck** (S1)
2.00 **The Champions**
3.00 **Shine on Harvey Moon**
4.00 **Tracing the Rails**
4.30 **Jack Hargreaves' Old Country**
5.00 **Bubblegum & Cheese**
6.00 **The Brian Conley Show**
6.30 **The Fenn Street Gang**
7.00 **The Lovers** 5/6. (S1)
7.30 **The Dustbinmen** (S3)
8.00 **The Champions** (S1)
9.00 **Wish Me Luck** (S1)
10.00 **Game On** 6/6. (S2)
10.35 **Stereo Underground**
12.35 AM **FILM Invasion of the Bee Girls** Thriller. (1973, 18, 82min) ★
2.20 **Game On** 6/6. (S2)
2.55 **to 6.00** AM **Highlights**

DMAX

158 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Guardians of the Glades**
10.00 **Deadliest Catch**
12.00 NOON **Curse of the Frozen Gold**
1.00 PM **Expedition Unknown** Double bill.
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** A polar ice-pack descends onto the fishing grounds. **8.00** The fleet prepare to make the final push to wrap up the season.
9.00 **Alaska: Homestead Rescue** A family find their off-grid paradise threatened by destructive storms and pests.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 258 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Secrets of the Curry Kitchen**
7.00 **Hairy Bikers Go Local**
8.00 **The Pioneer Woman**
9.00 **Jamie's 15 Minute Meals**
10.00 **Barefoot Contessa – Back to Basics**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Great British Adventure**
3.00 **Hairy Bikers Go Local**
4.00 **The Pioneer Woman**
5.00 **Jamie's 15 Minute Meals**
6.00 **Barefoot Contessa – Back to Basics**
7.00 **Great British Bake Off**
9.00 **Jamie's One-Pan Wonders** Jamie cooks smoked salmon pasta. **9.30** Chickpea and squash casserole.
10.00 **Tom Kerridge Secrets of the Pub Kitchen**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 20/27. (S4)
9.00 **The A-Team** 23/25. (S3)
10.00 **Charlie's Angels** (S5)
11.00 **FILM American Warships** Sci-fi thriller. (2012, 15, 85min) ★★
1.00 PM **FILM Gunsmoke: The Long Ride** Western. (1993, 15, 95min) ★★
3.00 **FILM Blood River** Western adventure. (1991, PG, 88min) ★★
5.00 **Star Trek** 3/26. (S2)
6.00 **Charlie's Angels** (S5)
7.00 **The A-Team** 24/25. (S3)
8.00 **Walker, Texas Ranger**
9.00 **FILM Total Recall** Sci-fi thriller remake. (2012, 12, 113min) ★★★
11.20 **FILM Backtrace** Thriller. (2018, 15, 92min) ★★★
1.15 AM **FILM Hidden Agenda** Action thriller. (2001, 18, 91 min) ★★
3.10 **to 5.00** AM **FILM The Blood on Satan's Claw** Horror chiller. (1970, 18, 93min) ★★★

Legend Xtra

317 316 171 69 138 51

9.00 AM **FILM Wild Horses** Contemporary Western. (1985, PG, 95min) ★★
11.00 **The Lost World** (S1)
12.00 NOON **FILM Tornado Warning** Sci-fi thriller. (2012, PG, 90min) ★★
2.00 PM **FILM Airplane vs Volcano** Disaster movie. (2014, 15, 91min) ★
4.00 **Walker, Texas Ranger**
5.00 **FILM Earthstorm** Sci-fi action thriller. (2006, PG, 90min) ★★
7.00 **The Lost World** (S1)
8.00 **The Fall Guy** 16/23. (S1)
9.00 **FILM Empire State** Crime thriller starring Liam Hemsworth. (2013, 15, 90min) ★★
10.55 **FILM Jagged Edge** Courtroom thriller with Jeff Bridges. (1985, 18, 108min) ★★★★★
1.05 AM **FILM Empire State**
3.00 **FILM Earthstorm** (2006)
5.00 **to 6.00** AM **The Lost World**

+1 hour 318 371 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real Deal** From Stamford.
6.40 **Pawn Stars**
7.35 **Storage Hunters**
8.30 **Storage Wars: Texas**
9.20 **Hardcore Pawn**
10.15 **Auction Hunters**
11.10 **Deep Water Salvage**
12.10 PM **Salvage Kings**
1.05 **Pawn Stars**
2.05 **Storage Wars: Texas**
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
5.00 **Close Encounters Down Under**
6.00 **Pawn Stars**
7.00 **Storage Wars: Texas**
8.00 **Dickinson's Real Deal**
9.00 **Strange Evidence** New editions Double bill.
11.00 **The Proof Is Out There**
12.00 M'T **Deadman's Curse**
2.00 AM **Ancient Aliens**
3.00 **Deep Water Salvage**
3.45 **Salvage Kings**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
10.00 **Dogs Behaving (Very) Badly** Documentary.
11.00 **Ben Fogle: New Lives in the Wild** New Mexico.
12.00 NOON **Buried Secrets of WWII** Documentary.
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
5.00 **The First Americans: Drain the Oceans**
6.00 **London's Greatest Bridges with Rob Bell**
7.00 **Buried Secrets of WWII**
8.00 **Ben Fogle: New Lives in the Wild** Isle of Wight.
9.00 **Michael Palin in Venezuela** Michael visits a cluster of coral islands.
10.00 **Michael Portillo's Travel Diaries**
11.00 **Into the Amazon with Robson Green**
12.00 M'T **Wentworth Prison**
1.00 AM **VC Andrews' Heaven**
2.50 **Paul Martin's Antiques Showdown**
3.40 **to 4.00** AM **Britain's Greatest Bridges**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase** Quiz.
9.00 **Tenable** Double bill.
11.00 **The Chase Celebrity Special** With guests Christian O'Connell, Carrie Grant, Dave Johns and Naomi Wilkinson.
12.00 NOON **The Chase**
2.00 PM **Bridge of Lies**
3.00 **Who Wants to Be a Millionaire? Celebrity Special** Quiz show.
4.00 **The Chase** Quiz show.
5.00 **The Bidding Room** Items include an unusual musical instrument and a perfume bottle.
6.00 **Tenable** Double bill.
8.00 **The Chase** Double bill.
10.00 **Tenable** Quiz show.
11.00 **The Chase Celebrity Special** Featuring former contestants on *I'm a Celebrity... Get Me Out of Here!*
12.00 M'T **Classic Who Wants to Be a Millionaire?**
1.00 AM **The Chase**
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Mike & Molly**
8.30 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Mike & Molly**
3.30 **Young Sheldon**
5.00 **The Big Bang Theory**
9.00 **The Bad Skin Clinic** New edition Dr Emma meets 20-year-old Zoe, who is battling the worst facial keloid scarring she has ever seen, to see if surgery can remove them for good. **10.00** Dr Emma gives Mel a life-changing diagnosis, finally treating the flaky skin condition that has plagued her since childhood. **11.00** Model Thai has put his career on hold due to keloids growing on both ears.
12.00 M'T **Dr Pimple Popper**
2.00 AM **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
10.00 **Spin City** (S6)
11.00 **Everybody Loves Raymond** 5-8/25. (S7)
1.00 PM **Friends** (S4&5)
7.30 **Friends** 13/24. Phoebe meets her father. **8.00** 14/24. Ross rents a flat opposite the girls. **8.30** 15/24. Ross makes a bad impression. (S5)
9.00 **Michael McIntyre's Big Show** The comedian gives Alison Hammond a rude awakening.
10.00 **8 Out of 10 Cats Uncut**
10.50 **Out of Order**
11.50 **Whose Line Is It Anyway? USA**
12.50 AM **South Park** (S6)
2.50 **MTV Cribs: Comedians Specials** With Big Zuu.
3.05 **Michael McIntyre's Big Show** As 9.00pm.
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S6)
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Whose Line Is It Anyway? USA**
11.00 **Friends** (S6)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.30 **Takeshi's Castle**
4.00 **Most Ridiculous**
5.00 **Whose Line Is It Anyway? USA**
6.00 **Spin City** 5&6/26. (S4)
7.00 **Everybody Loves Raymond** 5-8/25. (S7)
9.00 **South Park** (S6&13)
12.00 M'T **Mike Judge's Beavis and Butt-Head**
1.00 AM **The Ricky Gervais Show** Double bill.
2.00 **Teachers** 3&4/20. (S2)
3.00 **Reno 911!** (S2)
3.45 **Important Things with Demetri Martin**
4.30 **Spin City** 5&6/26. (S4)
5.15 **to 6.00** AM **Guessable?**

That's TV

171 150 56 164 42

8.00 AM **Highlights**
10.30 **Bread** 4/10. (S8)
11.05 **Steptoe and Son** (S6)
11.45 **Oh, Doctor Beeching!**
12.20 PM **Rising Damp** (S3)
12.50 **Man About the House**
1.25 **Goodnight Sweetheart**
2.05 **When the Boat Comes In** 5/13. (S2)
3.05 **Minder** 7/13. (S2)
4.05 **Citizen Smith** (S3)
4.45 **Man About the House**
5.15 **Some Mothers Do 'Ave 'Em** 5/6. (S3)
6.00 **That's 60s**
6.15 **Steptoe and Son** (S3)
6.45 **Minder** 5/13. (S3)
7.50 **Rising Damp** (S3)
8.20 **Whatever Happened to the Likely Lads?** (S2)
9.00 **Benidorm** 1/9. (S10)
10.00 **Shameless** 3/7. (S1)
11.00 **Man About the House**
11.30 **Rising Damp** (S4)
12.00 M'T **Benidorm** 1/9. (S10)
1.00 AM **Shameless** (S1)
2.00 **Kenny Everett Show**
2.25 **to 6.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **Help! I'm in a Secret Relationship!**
8.00 **Catfish: Love Triangles**
9.00 **Catfish: The TV Show**
4.00 PM **Dallas Cowboys Cheerleaders**
6.00 **Sweet Home Alabama**
7.00 **Teen Mom UK: Next Generation**
8.00 **Teen Mom UK** New edition Amber's problems with Ste are getting worse.
9.00 **True Life Crime UK** Linda Adey unravels the truth of a tragic suburban stabbing.
10.00 **Caught in the Act: Unfaithful** New edition
11.00 **Teen Mom Family Reunion** Reality series.
12.00 M'T **Geordie Shore**
2.00 AM **Teen Mom: The Next Chapter**
2.45 **Ridiculousness** New editions Double bill.
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Documentaries

28 January **Wednesday**

Wednesday

Discovery

125/126 138 177 320 325

6.00 AM **How Do They Do It?**
7.00 **Junkyard Empire**
9.00 **Gold Rush: White Water**
11.00 **Diesel Brothers**
1.00 PM **Deadliest Catch** An emergency sends Keith into rescue mode. **2.00** OJ's replacement on the *Wizard* makes a misfit crew a bit more awkward.
3.00 **How Do They Do It?**
5.00 **Alaska: Homestead Rescue** A single mum in Hawaii watches her family's dream of a Big Island coffee farm fade.

9.00 Mud Madness

7.00 **Wheeler Dealers** Mike surprises Elvis with a Caterham Seven, but the size of the restoration job is bigger than expected.
8.00 **Wheeler Dealers** Mike has found a 33-year-old Peugeot 405 in Portugal – but finding parts is not going to be easy.
9.00 **Mud Madness** New edition The pressure pushes AJ to his limits in the second-to-last race of the Mud Cup.
10.00 **Kindig Customs** New edition A big fan of Dave's work on Corvettes wants to build his own collection.
11.00 **Expedition Unknown** Using new intel, Josh Gates dives into America's daring response to Pearl Harbor.
12.00 M'T **Deadliest Catch**
1.00 AM **Mud Madness**
2.00 **Kindig Customs** As 10.00pm.
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Edge of Alaska**
10.00 **Tanked** A custom shark tank.
11.00 **Animal Cops Phoenix**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees** Mariah and Spencer rescue a dog with severe injuries.
3.00 **The Zoo: San Diego**
5.00 **Lone Star Law** An overloaded boat and a group of unruly jet skiers put lives at risk.
6.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff and Petra train new vets at a wildlife sanctuary.

6.00 Dr Jeff: Rocky Mountain...

7.00 **Treehouse Masters** Pete Nelson makes a treehouse for an American football player who wants a window wall.
8.00 **Preposterous Pets** A young woman experiences the night life with a pair of tamandua anteaters.
9.00 **Alaska: The Last Frontier** Atz Lee and Jane help homesteader Mike repurpose an old city house into a cabin.
10.00 **Alaskan Bush People** Billy's dream of achieving a self-sustaining lifestyle is tested as the Browns begin the project.
11.00 **The Haunted** A woman feels the presence of another.
12.00 M'T **Crikey! It's the Irwins** Terri helps prepare the zoo's new baby rhino for a vaccine.
1.00 AM **Guardians of the Glades**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Phoenix**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Inside Incredible Machines** A jumbo jet.
9.00 **Air Crash Investigation**
10.00 **Seconds from Disaster**
11.00 **WW2: Hell Under the Sea**
12.00 NOON **World War II: Secrets from Above**
1.00 PM **Air Crash Investigation**
3.00 **Liberation: D-Day to Berlin**
4.00 **The Challenger Disaster: Lost Tapes** The events leading up to the loss of the space shuttle in January 1986.
5.00 **Ice Road Rescue**
6.00 **Nazi Megastructures**

8.00 Pole to Pole

7.00 **Air Crash Investigation** How a serious design flaw in a cargo door brought down a DC-10 aircraft.
8.00 **Pole to Pole with Will Smith** New edition Will travels to the kingdom of Bhutan in search of the secret to happiness.
9.00 **Nazi Megastructures: Battle Ready** The importance of Panzers in Hitler's conquest of Poland and France.
10.00 **Gladiators: Warriors of the Ancient World** A focus on Spartacus and his rise from enslaved gladiator to rebel leader.
11.00 **Air Crash Investigation**
12.00 M'T **Car S.O.S**
1.00 AM **Toronto Airport Uncovered** Documentary.
2.00 **Trafficked** Criminal networks.
2.30 **Made in a Day**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Storage Wars**
7.50 **Pawn Stars Do America**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **Mysteries from Above**
1.00 PM **The Curse of Oak Island**
2.00 **Forged in Fire**
3.00 **Egypt's Unexplained Files** The Great Pyramid at Giza. **4.00** Ancient Egyptian obsession with the afterlife. **5.00** The mysteries of ancient Egypt's elite.
6.00 **American Pickers** Mike hunts for a desirable Porsche.

9.00 The Curse of Oak Island

7.00 **Forged in Fire Armed Forces Tournament** Four airmen from the US Air Force are tasked with forging a bolo knife.
8.00 **Britain's Most Historic Towns** Alice Roberts explores the Norman period of British history in the town of Winchester.
9.00 **The Curse of Oak Island** New edition A discovery in the swamp could have significant implications.
10.00 **Forged in Fire** New edition Popular and notable military-inspired blades, including the Medieval Arming Sword.
11.00 **My Paranormal Nightmare** A brother and sister who believed they had been chased by a shadow figure.
12.00 M'T **Ultimate Mysteries**
12.55 AM **American Pickers**
1.50 **The Curse of Oak Island**
2.50 **Pawn Stars Do America**
3.40 **Pawn Stars** Documentary.
4.25 **to 6.00** AM **Secrets in the Dark**

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **The 2010s**
7.00 **Discovering Tommy Lee Jones**
7.55 **The Directors**
8.45 **Anatomy of Lies**
9.50 **Telemarketers**
11.00 **The Mortician**
2.10 PM **On the Line: The Richard Williams Story** The father of tennis stars Venus and Serena retraces his family's journey.
4.00 **Discovering Tommy Lee Jones**
4.55 **The Directors**
5.50 **Anatomy of Lies** How former *Grey's Anatomy* writer Elisabeth R Finch fabricated her life story.

9.00 Spielberg

6.55 **Telemarketers** How two unlikely employees stumbled upon the murky truth behind a New Jersey call centre.
8.05 **Murder at the Post Office** Robin is sentenced to 20 years, but key evidence is missing.
9.00 **Spielberg** Susan Lacy's feature-length documentary examines film director Steven Spielberg's career in depth, revealing how his experiences fed his work and changed it over time.
11.50 **Showbiz Kids** The impact of working as a child actor in the entertainment industry.
1.45 AM **I Am Johnny Cash** A celebration of the country singer-songwriter.
3.30 **Baby God** The children of a fertility doctor who personally inseminated his patients.
5.00 **to 6.00** AM **Discovering: Nicole Kidman**

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **The Repair Shop**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Opal Hunters**
1.00 PM **The Repair Shop**
2.00 **Shed and Buried: Classic Cars**
3.00 **Find It, Fix It, Flog It**
4.00 **The Yorkshire Auction House** Double bill.
6.00 **Antiques Road Trip**
8.00 **The Yorkshire Auction House** Angus uncovers a rare coin collection. **9.00** New edition A trip to London unearths a collection of exquisite Victorian jewellery.
10.00 **The Derbyshire Auction House**
11.00 **Australian Open Tennis**
12.00 M'T **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Shed and Buried: Classic Cars**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

6.00 AM **Animal Cops Houston** Documentary.
7.00 **Helicopter ER**
9.00 **Cops UK: Bodycam Squad** Double bill.
11.00 **The Detectives: My Killer Case**
12.00 NOON **Forbidden: Dying for Love**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **A Killer's Mistake**
4.00 **American Monster: Abuse of Power**
6.00 **Disappeared**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV**
9.00 **How (Not) to Get Rid of a Body**
10.00 **Cabin in the Woods**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Documentary.
3.00 **to 4.00** AM **FBI Files**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Secrets of a Murder Detective** The 2016 murder of Yang Liu, whose torso was found in a suitcase.
8.00 **48 Hours** New edition A couple's first date ends with a home invasion and a shooting.
9.00 **Body in the Water** A woman's husband reports her falling into Lake Erie, but police suspect foul play.
10.00 **Fatal Fall: Murder or Accident?** New edition The tragic case of aspiring model Rhonda Casto, who fell 150 feet to her death.
11.00 **Bloodline Detectives**
1.00 AM **48 Hours**
2.00 **Body in the Water**
3.00 **Fatal Fall: Murder or Accident?** As 10.00pm.
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Bloodline Detectives**
11.00 **48 Hours** Documentary.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **Bloodline Detectives** The murder of Stephanie Isaacson. **3.00** The horrific murder of Tonya McKinley.
4.00 **48 Hours** Lamar Johnson is charged with the murder of a friend.
5.00 **Medical Detectives** A man is found hanging from a tree with 'FED' scrawled on his chest. **5.30** A single mother looking for love vanishes. **6.00** A 20-year-old woman sets out on her bike and never returns. **6.30** A Navy lieutenant is murdered while deployed out to sea.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Motorway Patrol**
7.00 **The Force: Manchester**
8.00 **Stop, Search, Seize**
9.00 **Brit Cops** Documentary.
10.00 **Police 24/7**
11.00 **World's Most Evil Killers**
12.00 NOON **Catching the...**
1.00 PM **Killer in My Village**
2.00 **Murders That Shocked the Nation**
3.00 **How I Caught the Killer**
4.00 **Britain's Most Evil Killers**
5.00 **Catching the Killer**
6.00 **Killer in My Village**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **What the Killer Did Next** Peter McMahon.
10.00 **Killing Mum and Dad**
11.00 **Police 24/7**
12.00 M'T **Catching the Killer**
1.00 AM **World's Most Evil...**
2.00 **Murdered at First Sight**
3.00 **Love You to Death**
4.00 **Brit Cops** Documentary.
5.00 **to 6.00** AM **Border Security USA**

+1hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours of the Scottish Islands**
8.35 **Lost Pyramids of the Aztecs** Documentary.
9.40 **Hitler's Propaganda...**
10.50 **Plunderer: The Life...**
11.55 **Amerigo Vespucci: Forgotten Namesake of America** Documentary.
1.00 PM **Grand Tours of the Scottish Islands**
1.40 **Lost Pyramids of the...**
2.50 **Hitler's Propaganda Machine** Documentary.
3.55 **Plunderer: The Life...**
5.05 **Amerigo Vespucci...**
6.15 **Lost Pyramids of the...**
7.20 **Hitler's Propaganda Machine** Documentary.
8.30 **Plunderer: The Life and Times of a Nazi Art Thief** Bruno Lohse.
9.40 **Once Upon a Time in Northern Ireland**
10.55 **Hitler's Propaganda...**
12.00 M'T **Once Upon a Time in Northern Ireland**
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

WEDNESDAY

Wednesday

Sky Nature

145 113/114 189 354 369

6.00 AM **Gladiators**
7.00 **Monkey Life**
8.00 **Africa's Hunters**
9.00 **Hope for Wildlife**
10.00 **Deadly Australians**
11.00 **Pride Rules**
12.00 NOON **Nomads of the...**
1.00 PM **Monkey Life**
2.00 **Africa's Hunters**
3.00 **Hope for Wildlife**
4.00 **Deadly Australians**
5.00 **Wild Fighters**
6.00 **Nomads of the Serengeti**
7.00 **Monkey Life** Double bill.
8.00 **David Attenborough's Wild City** Exploring Singapore's islands, which are home to a host of remarkable creatures.
9.00 **Kenya Wildlife Diaries**
10.00 **Nomads of the Serengeti**
11.00 **Wild Fighters**
12.00 M'T **Pride Rules**
1.00 AM **Gladiators**
2.00 **David Attenborough's Wild City** As 8.00pm.
3.00 **Kenya Wildlife Diaries**
4.00 **Africa's Hunters**
5.00 **to 6.00** AM **Hope for Wildlife**

Sky History 2

163/168 143 186

6.00 AM **Mystery Places**
7.00 **Swamp Mysteries with Troy Landry** As 5.00pm.
8.00 **What on Earth?**
9.00 **Battle 360**
10.00 **Iconic Combat Machines**
11.00 **Ancient Aliens**
1.00 PM **Craig Charles: UFO Conspiracies**
2.00 **Britain's Most Historic Towns**
3.00 **Digging Up Britain's Past**
4.00 **Mystery Places**
5.00 **Swamp Mysteries with Troy Landry** Troy unearths graves dating back over 200 years.
6.00 **What on Earth?**
7.00 **Battle 360** The US invasion of the Solomon Islands.
8.00 **Iconic Combat Machines**
9.00 **Secrets in the Ice**
10.00 **Rome: Rise and Fall of an Empire** General Marius.
11.00 **Ancient Aliens**
1.00 AM **Craig Charles: UFO Conspiracies**
2.00 **Britain's Most Historic Towns**
3.00 **Digging Up Britain's Past**
4.00 **Full Custom Garage**
5.00 **to 6.00** AM **Empire Builders**

Discovery Science

167 148 179

8.00 AM **NASA's Unexplained Files**
11.00 **How the Universe Works**
12.00 NOON **You Have Been Warned**
1.00 PM **Richard Hammond's Big**
3.00 **Through the Wormhole with Morgan Freeman** Triple bill.
6.00 **How Do They Do It?** The production of charcoal. **6.30** A look at how the world's sharpest knives are forged. **7.00** How root vegetables are transformed into sweet sugar. **7.30** A look at how traditional techniques are still used to weave the world's most fashionable lace. **8.00** A family in America that make three quarters of the world's peppermint oil. **8.30** A look at the production process of trombones and traditional Spanish wineskins.
9.00 **Expedition Bigfoot**
11.00 **Unexplained and Unexplored**
1.00 AM **Through the Wormhole with Morgan Freeman**
4.00 **to 6.00** AM **Blowing Up History**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Court Cam**
11.00 **Accident, Suicide or Murder?**
12.00 NOON **Green Eyed Killers**
1.00 PM **#Textmewhenyougethome**
2.00 **Secrets of Polygamy**
3.00 **Murdertown**
4.00 **Killer Britain with Dermot Murnaghan** David Roustoby.
5.00 **Laura Whitmore on Britain's Killer Teens** Reece Ludlow.
6.00 **The First 48**
7.00 **Cold Case Files**
8.00 **#Textmewhenyougethome**
9.00 **Killer Grannies** New edition A woman is confronted about her husband's disappearance.
10.00 **Fatal Family Feuds**
11.00 **Interview with a Killer**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Real Murders of Atlanta**
2.00 **Green Eyed Killers**
3.00 **Laura Whitmore on Britain's...**
4.00 **Murdertown**
5.00 **to 6.00** AM **Laura Whitmore on Britain's Killer Teens**

+1hour 256 333

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Europe's Wild Marvels**
10.00 **Africa's Hunters**
11.00 **Close Encounters of the Wild Kind** An octopus slaps a kayaker.
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Kingdom of the Apes: Battle Lines** Conflicts between apes.
3.00 **Shark Men**
4.00 **Snakes in the City**
5.00 **Ultimate Airport Dubai**
6.00 **Yukon Vet** Dr Oakley joins a cattle round-up at a ranch.
7.00 **Secrets of the Zoo: Keeper Tales** Double bill.
8.00 **Wild India** David Attenborough visits the Marusthali area.
9.00 **Galapagos: Enchanted Isle** The wildlife of the volcanic islands in the Pacific.
10.00 **Life Below Zero: First Alaskans**
11.00 **Ice Road Rescue**
12.00 M'T **Exotic Animal ER**
1.00 AM **Monster Fish**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Monster Fish**

Discovery History

174 147 181

7.00 AM **Egypt's New Tomb Revealed** As 8.00pm.
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **How the Universe Works** Documentary.
1.00 PM **NASA's Unexplained Files**
2.00 **Aliens in Alaska**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Egypt's New Tomb Revealed** A gold coffin unearthed in the Valley of the Kings.
9.00 **Unexplained and Unexplored**
10.00 **How Do They Do It?**
11.00 **World's Greatest Motorcycle Rides** Henry Cole attempts a world land speed record for a classic motorcycle in Utah.
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **NASA's Unexplained Files**
4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **Brit Cops Down Under**
1.00 PM **Brit Cops Down Under**
7.00 **Brit Cops Down Under** Anna hits the first milestone in Australia without the support of family – Isabelle's eighth birthday. Meanwhile, Jay begins to settle into work, but life at home is not so smooth. **8.00** Maggie and Darren start to settle in at Perth's central station, but Anna struggles with her work-life balance. **9.00** Seven UK police officers uproot their lives and move across the world to become Western Australian cops. **10.00** Ben works his first day at Perth station, which coincides with Christmas Day. **11.00** The final wave of recruits arrive, while Ben is unsure whether he'll stay in Australia. **12.00** M'T The reality of life in Perth hits the rookie cops.
1.00 AM **Brit Cops Down Under**
5.30 **to 6.00** AM **The Lakes with Paul Rose**

+1hour 266 376

ID

154 140 166

8.00 AM **Who Killed Jane Doe?**
9.00 **The Murder Tapes**
11.00 **Disappeared**
12.00 NOON **Murder in the Heartland**
1.00 PM **The Murder Tapes**
3.00 **Disappeared**
4.00 **Murder in the Heartland**
5.00 **Breaking Homicide**
6.00 **Killer Unknown**
7.00 **Murder Under the Friday Night Lights** The community is shocked when a Louisiana high-school coach is murdered. **8.00** Local football hero TK Kelly carried the dreams of his small California city on his shoulders, but for someone close to TK, jealousy was motivation enough to kill.
9.00 **Road Rage** Double bill.
10.00 **Good Cop, Bad Cop**
11.00 **Real Time Crime**
12.00 M'T **Britain's Deadliest Kids**
2.00 AM **Breaking Homicide**
3.00 **Killer Unknown**
4.00 **to 6.00** AM **Murder Under the Friday Night Lights**

+1hour 254 366

Discovery Turbo

161/172 146 180

7.00 AM **Junkyard Empire**
8.00 **Motor Pickers**
9.00 **Sewer Divers**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Richard Hammond's Workshop** As 1.00am.
1.00 PM **Shed and Buried: Classic Cars** An eclectic mix of British and American vehicles.
2.00 **Salvage Hunters: Classic Cars**
3.00 **Sewer Divers**
4.00 **Roadworthy Rescues**
5.00 **Motor Pickers**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Roadworthy Rescues**
9.00 **Mud Madness**
10.00 **Sewer Divers**
11.00 **Salvage Hunters: Classic Cars**
12.00 M'T **Roadworthy Rescues**
1.00 AM **Richard Hammond's Workshop** Richard agrees to continue working with the Smallest Cog Race team.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **Smurfs** As 1.20pm.
7.35 **The Ballad of Wallis Island** Comedy. (2025, 12) ★★★★
9.25 **Nuremberg** As 6.30pm.
11.55 **Super Charlie** Family animation. (2025, PG, 82min)
1.20 PM **Smurfs** Fantasy comedy. (2025, PG, 89min) ★★
2.55 **Xeno** As shown at 12.50am.
4.45 **Borderline** Comedy thriller. (2025, 15, 94min) ★★★
6.30 **Nuremberg** Legal thriller. (2025, 15, 148min) ★★★★★

6.30 Nuremberg

Nuremberg (film started at 6.30pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **The Toxic Avenger** Horror comedy starring Peter Dinklage. A horrible toxic accident transforms a downtrodden janitor into a new evolution of hero. With Kevin Bacon. (2023, 18, 102min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.50 **28 Years Later** Danny Boyle's horror sequel starring Jodie Comer, Aaron Taylor-Johnson and Ralph Fiennes. (2025, 15, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.50 AM **Xeno** Fantasy adventure. (2025, 15, 103min) ★★★
2.40 **Safe House** Thriller with Holt McCallany. (2025, 15, 90min)
4.15 **to 6.00** AM **Beast of War** Thriller with Mark Coles Smith. (2025, 15, 87min) ★★★★

Sky Cinema Brit Hits

303 303 403 503 517

6.00 AM **Six Minutes to Midnight**
7.50 **Adult Life Skills** Comedy. (2016, 15, 114min) ★★★
9.40 **Love Actually** Romantic comedy starring Hugh Grant. (2003, 15, 135min) ★★★
12.00 NOON **Yesterday** Comedy. (2019, 12, 116min) ★★★
2.00 PM **Final Score** As 12.05am.
3.50 **Dunkirk** As shown at 2.05am.
5.50 **Darkest Hour** Period drama starring Gary Oldman. (2017, PG, 122min) ★★★

8.00 Lee

8.00 **Lee** Biopic of World War Two photographer Lee Miller, who was determined to document the truth of the Nazi regime. Stars Kate Winslet, Andy Samberg, Alexander Skarsgard and Marion Cotillard. (2023, 15, 117min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **Children of Men** Sci-fi thriller based on the novel by PD James, starring Clive Owen, Julianne Moore and Michael Caine. (2006, 15, 109min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Final Score** Action drama starring Dave Bautista. (2018, 15, 104min) ★★★
2.05 **Dunkirk** Christopher Nolan's World War Two drama. (2017, 12, 106min) ★★★★★
4.05 **to 6.00** AM **Six Minutes to Midnight** Thriller starring Judi Dench and James D'Arcy. (2020, 12, 99min) ★★★

Sky Cinema Drama

310 310 410 510 524

6.00 AM **Carmen** As 12.50am.
8.00 **Two Mules for Sister Sara** Western starring Clint Eastwood. (1969, 15, 114min) ★★★
9.55 **Night Call** French-Belgian thriller. (2024, 15, 97min) ★★★★
11.35 **Chuck Chuck Baby** As 4.00pm.
1.20 PM **Amadeus** Historical drama. (1984, PG, 158min) ★★★★★
4.00 **Chuck Chuck Baby** Drama. (2023, 15, 101min) ★★★★
5.45 **It Ends with Us** Drama. (2024, 15, 125min) ★★★
8.00 **American Sniper** Biopic starring Bradley Cooper and Sienna Miller. (2014, 15, 127min) ★★★★
10.15 **Empire of the Sun** Steven Spielberg's epic drama based on JG Ballard's autobiographical novel, starring Christian Bale. An 11-year-old English schoolboy learns to survive in a Japanese concentration camp in occupied China during World War Two. (1987, PG, 152min) ★★★★
12.50 AM **Carmen** Musical with Paul Mescal. (2022, 15, 116min) ★★★
2.50 **The Angels' Share** Ken Loach's whimsical crime caper comedy. (2012, 15, 96min) ★★★★
4.40 **to 6.40** AM **Do the Right Thing** Spike Lee's comedy drama. (1989, 15, 120min) ★★★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.50 AM **Jules** As shown at 1.30am.
8.25 **It Feeds** As shown at 3.15am.
10.15 **Annabelle: Creation** Horror. (2017, 15, 109min) ★★★
12.15 PM **Annabelle** Horror thriller. (2014, 15, 97min) ★★
2.00 **Cloverfield** Offbeat disaster movie. (2007, 15, 81min) ★★★
3.35 **10 Cloverfield Lane** Thriller tarring Mary Elizabeth Winstead. (2016, 12, 103min) ★★★★
5.25 **Furiosa: A Mad Max Saga** Fantasy adventure prequel starring Anya Taylor-Joy. (2023, 15, 148min) ★★★★
8.00 **A Quiet Place: Day One** Horror prequel starring Lupita Nyong'o, Joseph Quinn and Alex Wolff. (2024, 15, 100min) ★★★★
9.50 **After Earth** Sci-fi adventure starring Will and Jaden Smith. (2013, 12, 98min) ★★
11.40 **There's Something in the Barn** Horror comedy starring Martin Starr. (2023, 15, 100min) ★★
1.30 AM **Jules** Sci-fi comedy drama with Ben Kingsley and Harriet Harris. (2023, 12, 87min) ★★★
3.15 **It Feeds** Horror starring Ashley Greene. (2025, 15, 102min) ★★★
5.10 **to 6.35** AM **Friendship's Death** Sci-fi drama starring Tilda Swinton. (1987, 15, 78min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.30 AM **Teenage Mutant Ninja Turtles: Out of the Shadows**
8.35 **Peter Pan** As 10.30pm.
10.40 **The Cat in the Hat** Fantasy. (2003, PG, 82min) ★★★★
12.15 PM **MouseHunt** Comedy. (1997, PG, 98min) ★★★★
2.05 **IF** Fantasy. (2024, U) ★★★
4.00 **Teenage Mutant Ninja Turtles: Out of the Shadows** Fantasy sequel. (2016, 12, 112min) ★★★
6.00 **Wicked** Musical fantasy. (2024, PG, 160min) ★★★★

6.00 Wicked

8.45 Teenage Mutant Ninja Turtles Fantasy adventure starring Megan Fox and William Fichtner. Four humanoid amphibians use their martial arts skills to protect New York from a criminal organisation. (2014, 12, 101 min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 Peter Pan Adventure based on JM Barrie's play, starring Jeremy Sumpter. (2003, PG, 113min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Journey to the Center of the Earth** Family adventure. (2008, PG, 92min) ★★
2.10 **Jack the Giant Slayer** Fantasy. (2013, 12, 114min) ★★★
4.10 **Cats & Dogs: The Revenge of Kitty Galore** Fantasy comedy sequel. (2010, U, 82min) ★★
5.40 **to 7.25** AM **Teenage Mutant Ninja Turtles** As 8.45pm.

Sky Cinema Action

307 307 407 507 521

6.10 AM **The Cinema List: Jurassic**
6.25 **Transformers: Revenge of the Fallen** (2009, 12) ★★★
9.00 **Godzilla x Kong: The New Empire** (2023, 12) ★★★
11.00 **The Mummy Returns** Adventure. (2001, 12) ★★★★
1.15 PM **Demolition Man** (1993)
3.15 **Mad Max: Fury Road** Thriller. (2015, 15, 120min) ★★★★★
5.20 **Transformers: Dark of the Moon** Sci-fi adventure sequel. (2011, 12, 154min) ★★★

5.20 Transformers: Dark of...

8.00 The Beekeeper Action thriller starring Jason Statham. An apparently unassuming man finds someone important to him has been scammed, so seeks vengeance on those responsible. (2023, 15, 105min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 Man of Steel Fantasy adventure exploring the origins of the iconic DC Comics character Superman, starring Henry Cavill, Amy Adams and Michael Shannon. (2013, 12, 143min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Demolition Man** Sci-fi action thriller with Sylvester Stallone and Wesley Snipes. (1993, 15, 114min) ★★★
2.30 **Cleaner** Action thriller starring Daisy Ridley and Clive Owen. (2025, 15, 97min) ★★★
4.20 **to 6.05** AM **Hero** Chinese period adventure. Subtitled. (2002, 12, 99min) ★★★★

Sky Cinema Comedy

308 308 408 508 522

6.55 AM **The Terminal** Comedy drama. (2004, 12) ★★★★
9.10 **We're the Millers** Comedy. (2013, 15, 110min) ★★★★
11.10 **Mean Girls** Teen comedy. (2004, 12, 97min) ★★★★
1.00 PM **In & Out** Comedy. (1997, 12, 91min) ★★★
2.40 **Disaster Movie** (2008, 12) ★
4.20 **13 Going on 30** Comedy. (2004, 12, 98min) ★★★
6.10 **Daddy's Home 2** Comedy sequel. (2017, 12, 100min) ★★★

9.45 The Blues Brothers

8.00 Two Weeks Notice Romantic comedy starring Sandra Bullock and Hugh Grant. Opposites attract when a liberal lawyer goes to work for a billionaire property tycoon. (2002, 12, 101 min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 The Blues Brothers Cult comedy starring John Belushi and Dan Aykroyd as delinquent brothers who get their old band back together to save the orphanage that was their childhood home. (1980, 15, 135min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Sixteen Candles** Comedy. (1984, 12, 89min) ★★★
1.35 AM **The Golden Child** Fantasy. (1986, PG, 93min) ★★
3.10 **Mean Machine** Sports drama. (2001, 15, 99min) ★★
4.55 **Sky Cinema Preview**
5.45 **to 7.15** AM **Jackass Presents: Bad Grandpa .5** Comedy. (2014, 15, 82min) ★★

Sky Cinema Thriller

309 309 409 509 523

6.00 AM **The Line** (2023, 15) ★★★
7.50 **Reindeer Games** Thriller. (2000, 15, 105min) ★★★★
9.40 **Jaws 3** Adventure thriller sequel. (1983, 12, 99min) ★★
11.25 **Red Dragon** Crime thriller. (2002, 15, 124min) ★★★
1.40 PM **The Bourne Legacy** Spy thriller. (2012, 12, 129min) ★★★
4.00 **Drop** Suspense thriller. (2025, 15, 95min) ★★★★
5.45 **The Perfect Storm** Drama. (2000, 12, 129min) ★★★★

10.05 American Gangster

8.00 Jason Bourne Action thriller starring Matt Damon and Tommy Lee Jones. Former government operative Jason Bourne is drawn out of hiding to uncover more truths about his father. With Julia Stiles. (2016, 12, 123min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 American Gangster Epic crime drama starring Denzel Washington and Russell Crowe. A Harlem gangster makes a fortune from heroin in the 1970s but comes up against an incorruptible cop. (2007, 18, 157min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.45 AM **Hannibal** Chiller sequel to *The Silence of the Lambs*. (2001, 18, 131 min) ★★★
3.00 **The Wasp** Thriller set in Bath. (2024, 15, 96min) ★★★★
4.40 **to 6.25** AM **The Stranger in My Home** Melodramatic thriller. (2025, 15, 91 min) ★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The Black Arrow** Adventure with Louis Hayward. (1948, b/w, U, 77min) ★★★
12.35 PM **The Desert Fox** Biopic. (1951, b/w, PG, 88min) ★★★
2.20 **River of No Return** Western. (1954, PG, 91min) ★★★
4.10 **Dad's Army** Comedy spin-off. (1971, U, 95min) ★★★★
6.00 **Le Mans '66** Fact-based drama starring Matt Damon. (2019, 12, 152min) ★★★★

6.00 Le Mans '66

Le Mans '66 (film started at 6.00pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 Daredevil Comic-book adventure starring Ben Affleck. A man blinded in childhood by toxic waste becomes a secret crime-fighting superhero, putting his remaining, extra-sharp senses to good use. With Jennifer Garner. (2003, 15, 101 min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 The Last Duel Drama starring Matt Damon, Adam Driver and Jodie Comer. King Charles VI declares that Knight Jean de Carrouges settle his dispute with his squire by challenging him to a duel. (2021, 18, 152min) ★★★★
2.05 **to 4.00** AM **Wildfire** Drama starring Nora-Jane Noone. (2020, 115min) ★★★★

+1hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema Feel Good

302 302 402 502 516

7.45 AM **Valentine's Day** Romantic comedy. (2010, 12, 125min) ★★★
9.55 **Mamma Mia!** As 6.00pm.
11.55 **Mamma Mia! Here We Go Again** As shown at 8.00pm.
1.55 PM **You've Got Mail** As 11.55pm.
4.00 **Miss Congeniality** Comedy. (2000, 12, 109min) ★★★★
6.00 **Mamma Mia!** Musical with Meryl Streep and Amanda Seyfried. (2008, PG, 108min) ★★★★

8.00 Mamma Mia! Here We Go Again Musical sequel starring Amanda Seyfried and Lily James. The reopening of the Hotel Bella Donna leads to a reunion for Sophie's family. (2018, PG, 114min) ★★★★
10.00 Groundhog Day Romantic fantasy comedy starring Bill Murray and Andie MacDowell. A cynical TV weatherman finds himself reliving the same 24 hours over and over again. (1993, PG, 103min) ★★★★★

11.55 **You've Got Mail** Romantic comedy with Tom Hanks and Meg Ryan. (1998, PG, 114min) ★★★
2.10 AM **Sixteen Candles** Comedy. (1984, 12, 89min) ★★★
3.50 **Groundhog Day** As 10.00pm.
5.45 **to 6.15** AM **Sky Cinema Preview**

Sky Cinema Greats

304 304 404 504 518

6.20 AM **Clear and Present Danger** Thriller. (1994, 12, 141 min) ★★★
8.45 **Three Days of the Condor** Thriller. (1975, 15, 118min) ★★★★
10.50 **The Godfather** Francis Ford Coppola's classic gangster epic. (1971, 15, 167min) ★★★★★
1.45 PM **The Godfather Part II** Director Francis Ford Coppola's epic gangster drama sequel. (1974, 18, 200min) ★★★★★

5.05 The Godfather Part III Concluding chapter of Francis Ford Coppola's grand gangster epic. (1990, 15, 162min) ★★★★
8.00 **Dirty Harry** Police thriller starring Clint Eastwood. Maverick San Francisco cop Harry Callahan pursues a psychotic sniper. With Harry Guardino. (1971, 15, 103min) ★★★★★
9.50 **The Day of the Jackal** Thriller based on the novel by Frederick Forsyth, starring Edward Fox. (1973, 15, 142min) ★★★★★

12.20 AM **Sleepers** Fact-based drama. (1996, 18, 146min) ★★★
2.50 **The Towering Inferno** Disaster movie. (1974, 12, 165min) ★★★★
4.35 **to 6.50** AM **Dog Day Afternoon** Sidney Lumet's dark comedy thriller with Al Pacino. (1975, 15, 130min) ★★★★★

Sky Cinema Animation

305 305 412 500 514

6.00 AM **The Cinema List**
6.15 **Straight Outta Nowhere: Scooby-Doo! Meets Courage...**
7.45 **Extinct** Animated adventure. (2021, U, 84min) ★★★
9.25 **Paws of Fury: The Legend of Hank** Animated comedy. (2022, PG, 98min) ★★★
11.15 **Batman Unlimited: Animal Instincts** Animated adventure. (2015, PG, 74min) ★★

12.50 PM **Bee Movie** Animated comedy. (2007, U, 91 min) ★★★
2.35 **Fox and Hare Save the Forest** Animation. (2024, U) ★★★
4.00 **The Garfield Movie** Animation. (2023, U, 101 min) ★★★
5.55 **Monster Family** Animated comedy. (2017, PG, 96min) ★★
7.35 **Monster Family 2** Animated sequel. (2021, U, 90min) ★
9.25 **Straight Outta Nowhere: Scooby-Doo! Meets Courage the Cowardly Dog** Animation. (2021, PG, 78min) ★★★

10.55 **Scarygirl** Animated fantasy. (2023, PG, 90min) ★★★
12.40 AM **Fox and Hare Save the...**
2.05 **Open Season: Scared Silly** Animation. (2015, PG) ★★★
3.35 **Madagascar** Animated comedy. (2005, U, 86min) ★★★★
5.15 **to 7.00** AM **Monster Family**

Movies 24

312 313 419

7.00 AM **Sense and Sensibility** Drama. (2024, U, 84min) ★★
9.00 **Love, Fashion, Repeat** Comedy. (2022, PG, 89min) ★★
11.00 **Mystery Island: Winner Takes All** Crime drama with Elizabeth Henstridge and Charlie Weber. (2025, PG, 90min) ★★
1.00 PM **Something's Brewing** Romance with Kristi Murdock. (2023, PG, 89min) ★★

3.00 **Inspiring Love** Romantic drama. (2023, PG, 85min) ★★
5.00 **Just in Time** Drama with Laura Osnes. (2024, PG, 90min) ★★
7.00 **Be Mine, Valentine** Romantic comedy starring Kaitlyn Leeb. (2022, PG, 90min) ★★
9.00 **Love for Starters** Romantic comedy with Stephanie Bennett and Jonathan Cherry. An interior designer joins forces with a celebrity chef to transform her father's struggling restaurant. (2022, PG, 85min) ★★

11.00 **Mr Pawsitively Perfect** Drama. (2023, PG, 90min) ★★
1.00 AM **Planning on Forever** Comedy. (2022, PG, 89min) ★★
3.00 **to 5.00** AM **Love in Whitbrooke** Drama. (2021, PG, 88min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Bob's Your Uncle** Comedy. (1942, b/w, U, 71 min) ★★★
7.30 **Life with the Lyons** Comedy. (1953, U, 80min) ★★
9.10 **I Love Trouble** Crime drama. (1947, b/w, PG, 93min) ★★★
11.00 **Suddenly** Gangster thriller. (1954, b/w, PG, 77min) ★★★★
12.35 PM **Spare the Rod** Drama. (1961, b/w, PG, 93min) ★★★★
2.25 **The Brothers** 7/16. (S7)

3.30 **Dial 999** 5/39. (S1)
4.00 **A Good Read: Sherlock Holmes**
4.55 **Last Holiday** Comedy drama. (1950, b/w, U, 88min) ★★★
6.40 **Look at Life**
6.50 **Strange But True**
7.25 **Scotland Yard** 18/39. (S1)
8.00 **Van der Valk** 4/4. (S4)
10.10 **Cactus Flower** Romantic comedy about the tangled love life of a middle-aged dentist. Stars Walter Matthau, Ingrid Bergman and Goldie Hawn. (1969, PG, 103min) ★★★

12.15 AM **Madron** Western starring Richard Boone and Leslie Caron. (1971, 15, 90min) ★★
2.05 **The Velvet Touch** Mystery. (1948, b/w, PG, 92min) ★★
4.00 **to 6.00** AM **The Strange Woman** Period melodrama. (1946, b/w, PG, 100min) ★★★★

Wednesday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
7.30 LIVE **ICC Under-19s World Cup Cricket** Coverage of a Super Six match staged at Harare Sports Club in Zimbabwe, as the winners of Group A face the Group D runners-up.
3.00 PM **Sports Desk** Sports news with live analysis and comments.
4.00 **The Transfer Show** Analysis of the latest transfer news.
4.30 **Sports Desk**
5.00 **The Premier League Show** A daily guide to the top flight.
5.30 LIVE **FIFA Women's Champions Cup** **Arsenal v FAR Rabat.** Coverage of the second semi-final from Gtech Community Stadium in Brentford. Kick-off **6.00pm**.
8.30 **Gillette Labs Soccer Special** The team are on hand to provide all the latest updates and goal alerts from the evening's games.
10.15 **Soccer Special Post-Match** Post-match reaction following the evening's football.
10.30 **Back Pages Tonight**
11.00 PM **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League 100 Club**
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
12.00 NOON **Transfer Talk**
1.00 PM **Premier League Years** A look back at the 2018/19 season.
3.00 **PL Retro** A replay of Arsenal v Wigan Athletic from 2006.
5.00 **The Premier League Show** A daily guide to the top flight.
7.00 **Gillette Labs Soccer Special** Following the evening's football.
10.15 **Premier League Stories** A look at the evolution of the Premier League's transfer market.
10.45 **Netbusters** The weekend's action in the Premier League.
11.15 **Premier League Review** A look back at the weekend's action in the top flight, featuring all of the goals, news and major talking points from around the top flight.
12.15 AM **Premier League Stories**
12.45 **Netbusters** Recent action.
1.15 **Premier League Years** A look back at the 2019/20 season.
3.15 **PL Greatest Games**
4.00 **Best PL Goals 2018/19**
5.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **Championship Retro**
8.45 **EFL Greatest Games**
10.00 **EFL Cup Retro** The 2014 final.
11.00 **EFL Highlights**
12.15 PM LIVE **FIFA Women's Champions Cup** **Gotham FC v Corinthians.** The first semi-final at Gtech Community Stadium. Kick-off **12.30pm**.
2.30 **EFL Highlights**
3.30 **EFL League One & Two Goals**
4.30 **SPFL Highlights**
5.00 **WSL** London City v Man City.
5.30 LIVE **FIFA Women's Champions Cup** **Arsenal v FAR Rabat.** Coverage of the second semi-final from Gtech Community Stadium in Brentford. Kick-off **6.00pm**.
8.30 **EFL League One & Two Goals**
9.30 **Bundesliga Highlights Show**
10.30 **WSL** London City v Man City.
11.00 **EFL Highlights** Championship.
11.30 **EFL Greatest Games**
12.00 M'T **SPFL Best Goals**
1.00 AM **Craig Brown: My Scotland**
1.30 **There's Only One Sauzee**
2.00 **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.00 **Best Goals: EFL Cup 2022/23**
5.30 **to 6.00** AM **EFL Trophy**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **WPL** Recent highlights.
7.00 **Best of England v South Africa**
7.15 LIVE **ICC Under-19s World Cup Cricket** Coverage of a Super Six match staged at Harare Sports Club in Zimbabwe, as the winners of Group A face the Group D runners-up.
3.00 PM **Best of ICC WT20**
3.30 **Best of England v South Africa**
3.45 **Best of ICC WT20**
4.00 **WPL** Recent highlights.
5.00 **SA20** Highlights of the final.
6.00 **WPL** Mumbai Indians v Royal Challengers Bengaluru. **7.00** Highlights from Gujarat Giants v Delhi Capitals. **8.00** Mumbai Indians v Royal Challengers Bengaluru.
9.00 **WPL** Highlights from Gujarat Giants v Delhi Capitals. **10.00** Mumbai Indians v Royal Challengers Bengaluru. **11.00** Highlights of Gujarat Giants v Delhi Capitals.
12.00 M'T **Big Bash League** The final.
3.20 AM **Best of Jimmy Anderson: 500th Wicket** From 2017.
3.30 **Best of England v South Africa**
3.45 **Best of ICC WT20**
4.00 **to 6.00** AM **WPL**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **The Open Zone**
6.30 **Ladies European Tour Golf**
10.30 **TGL** Boston Common Golf Club v The Bay Golf Club in Florida.
12.30 PM **Ladies European Tour Golf** The 2025 Women's Irish Open.
3.35 **Mark Roe's Short Game School**
4.00 **TGL** Boston Common Golf Club v The Bay Golf Club in Florida.
6.00 **PGA Tour Champions** The Mitsubishi Electric Championship.
7.00 **PGA Tour: The Cut**
7.30 **Beyond the Scorecard** Josh Simpson meets golfers who overcame physical challenges.
8.00 **TGL** Boston Common Golf Club v The Bay Golf Club from SoFi Center in Palm Beach, Florida.
10.00 **The Big 5 Roundtable**
12.00 M'T **PGA Tour: The Cut**
12.30 AM **PGA Tour Golf**
1.30 **Nick Dougherty's Tee Time Tips**
2.00 **How the 2010 Ryder Cup Was Won** From Celtic Manor Resort.
4.00 **Best of the Open Zone 2017**
5.00 **to 6.00** AM **Roots**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **ATP/WTA Tour Classics**
8.00 **ATP Tennis** Highlights.
10.00 **United Cup Tennis** The final.
12.00 NOON **ATP Tennis**
1.00 PM **US Open Classic Matches**
3.00 **US Open Tennis** The 2010 final.
4.00 **ATP Tour Classic Matches**
5.00 **United Cup Tennis** The final at Ken Rosewall Arena in Sydney.
7.00 **WTA Tennis** The Hobart Open final at Domain Tennis Centre.
8.00 **ATP Tour This Week**
8.30 **ATP Tennis** Highlights.
10.30 **ATP Tour This Week**
11.00 **ATP/WTA Tour Classic Matches**
12.00 M'T **US Open Classic Matches**
2.00 AM **ATP Tennis** Highlights.
4.00 **US Open Tennis** The 2010 final.
5.00 **to 6.00** AM **ATP Tour Classics**

TNT Sports 1

410 413 521 408 430

6.00 AM **Men's Cycling Pro Series**
7.00 LIVE **Australian Open** Coverage of day 11 of the opening Grand Slam event of the season, featuring quarter-final matches staged at Melbourne Park.
1.15 PM LIVE **International T20 Cricket** **India v New Zealand.** Coverage of the fourth T20 in the five-match series at ACA-VDCA Cricket Stadium, Visakhapatnam. The hosts are on a fine run of form in this format and haven't lost a T20 series since a 3-2 defeat back in August 2023.
5.15 **TNT Sports Reload**
5.45 **Premier League Reload**
6.00 **UEFA Champions League Magazine** News and updates.
6.30 **UEFA Champions League Goals Show Xtra** All the goals and talking points from the final round of league phase fixtures.
11.00 **Premier League Review**
12.00 M'T **PL: Big Interview**
12.30 AM **Men's Cycling Pro Series**
2.30 **Isuzu UTE A-League Highlights**
3.00 **Australian Open** Day 11.
4.30 **Serie A – Full Impact**
5.00 **to 6.00** AM **Fishing: On the Bank**

TNT Sports 2

411 414 522 409 431

6.00 AM **German Masters Snooker**
8.00 **Premier League Review**
9.00 LIVE **German Masters Snooker** Coverage of the third day held at Tempodrom in Berlin.
12.00 NOON **Alpine Skiing**
1.00 PM **Isuzu UTE A-League Highlights** The 14th round.
1.30 **Premier League: Big Interview**
2.00 LIVE **German Masters Snooker** Further coverage of the third day at Tempodrom, Berlin.
5.00 **Australian Open** The 11th day.
6.30 **UEFA Champions League Goals Show Xtra**
7.30 LIVE **UEFA Champions League** **Liverpool v Qarabag.** The league phase match from Anfield, in the first ever meeting between the two sides. Kick-off **8.00pm**. *See feature, page 28.*
10.00 **UEFA Champions League Goals Show Xtra** All the goals from the latest round of fixtures.
11.00 **Fight Week** UFC 325 preview.
11.30 **UFC** Gaethje v Pimblett.
2.30 AM **Fight Week** A preview.
3.00 **International T20 Cricket Highlights** India v New Zealand.
4.00 **One-Day International Cricket**
5.00 **to 6.00** AM **WRC Review**

Sky Sports NFL

412 410 517 507 426 446

6.00 AM **NFL Highlights**
10.00 **NFL Bitesize Highlights**
11.00 **NFL Highlights** Jacksonville Jaguars v Buffalo Bills. **12.00** NOON Action from the AFC Championship game.
1.00 PM **Good Morning Football**
3.00 **NFL Highlights** Action from the NFC Championship game. **4.00** AFC Championship game.
5.00 **NFL Bitesize Highlights**
6.00 **NBC's Pro-Football Talk**
8.00 **NFL Highlights** Carolina Panthers v Los Angeles Rams from Bank of America Stadium. **9.00** Action from Denver Broncos v Buffalo Bills.
10.00 **NFL Bitesize Highlights** New England Patriots v Los Angeles Chargers in the fifth Wild Card play-off at Gillette Stadium. **10.15** Action from Carolina Panthers v Los Angeles Rams in the first Wild Card play-off. **10.30** Highlights from the AFC Championship game. **10.45** Action from the NFC Championship game.
11.00 **NFL Highlights** Dallas Cowboys v Kansas City Chiefs.
12.00 M'T **The Insiders** NFL news.
1.00 **to 6.00** AM **NFL Highlights**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
12.00 NOON **Transfer Talk**
1.00 PM **Lunchtime Live**
2.00 **Sports Desk**
4.00 **The Transfer Show**
4.30 **Sports Desk**
5.00 **The Premier League Show** A daily guide to the top flight.
7.00 **Gillette Labs Soccer Special** Following the full story of the evening's football, with the team on hand to provide all the latest updates and goal alerts.
10.15 **Soccer Special Post-Match** Post-match reaction following the evening's football.
10.30 **Back Pages Tonight** The sports headlines in tomorrow's papers.
11.00 **Sky Sports News** Round-up of the sports news.
1.00 AM **WTA Tennis** Highlights from the Prague Open final in Czechia. **2.00** Highlights of the Washington Open final. **3.00** Highlights of the Canadian Open final from IGA Stadium. **4.00** The Cincinnati Open final.
5.00 **to 6.00** AM **WTA Tennis**

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
6.45 **NFL Bitesize Highlights**
7.00 **SA20** Highlights of the final.
8.00 **NFL Highlights**
9.00 **SA20** Tournament highlights.
12.00 NOON **Big Bash League**
1.00 PM **SA20** Recent highlights.
3.00 **Big Bash League** The final.
4.00 **PGA Tour Golf** Recent action.
5.00 **SA20** Highlights of the final.
6.00 **DP World Tour Golf**
8.00 **NBA on Fire** The latest news.
8.30 **Spirit of Yachting** The 2025 Sydney Hobart Yacht race.
9.00 **DP World Tour Golf** The fourth day of the Dubai Invitational.
10.00 **Big Bash League** The final.
11.00 **State of Origin Rugby League**
12.00 M'T **PL Greatest Games**
1.00 AM **World Darts Championship**
3.00 **EFL Greatest Games**
4.00 **to 6.00** AM **PDC Classics**

TNT Sports 3

413 415 523 410 432

6.00 AM **Cyclocross** In Hoogerheide.
7.00 LIVE **Australian Open** The 11th day from Melbourne Park.
1.30 PM **WRC Review**
2.30 **UEFA Europa League & Conference League Magazine**
3.00 **The Monuments**
3.30 **Alpine Skiing** In Schladming.
4.30 LIVE **Alpine Skiing** In Austria.
6.15 **The Gallagher PREM: Wrap Up**
6.30 **UEFA Champions League Goals Show Xtra**
7.30 LIVE **UEFA Champions League** **Paris Saint-Germain v Newcastle United.** From Parc des Princes. Kick-off **8.00pm**.
10.00 **UEFA Champions League Goals Show Xtra**
11.00 **Discovery Golf**
11.30 **TNT Sports Reload**
12.00 M'T **UEFA Champions League**
4.00 AM **UEFA Europa League & Conference League Magazine**
4.30 **Isuzu UTE A-League Highlights**
5.00 **to 6.00** AM **Alpine Skiing**

TNT Sports 4

414 416 524 411 434

6.00 AM **The Gallagher PREM**
10.15 **Premier League Reload**
10.30 **Men's Cycling Pro Series**
11.30 LIVE **Men's Cycling Pro Series** The second stage of the Alula Tour.
1.30 PM LIVE **Men's Cycling Pro Series** Coverage of the Challenge Mallorca and Trofeo Calvia.
3.15 **The Gallagher PREM: Wrap Up**
3.30 **Fishing: On the Bank**
4.30 **Ultimate Pool** Recent action.
6.00 **Serie A – Full Impact**
6.30 **Champions League Goals Xtra**
7.30 LIVE **UEFA Champions League** **Napoli v Chelsea.** From Stadio Diego Armando Maradona. Kick-off **8.00pm**.
10.30 **Champions League Goals Xtra**
11.00 **Australian Open** The 11th day.
12.30 AM **Serie A – Full Impact**
1.00 **Alpine Skiing** In Schladming.
2.00 **German Masters Snooker**
4.00 **Ultimate Pool** Recent action.
5.30 **to 6.00** AM **UEFA Champions League – Stories of the Finals**

Premier Sports 1

419 551

6.00 AM **LaLiga** A match replay.
8.00 **URC in 60** The 10th round.
9.00 **NHL Ice Hockey**
11.00 **Football** Highlights and features.
2.00 PM **NHL on the Fly**
3.00 **Football** Highlights and features.
4.30 **Top 14 Rugby Union Highlights**
5.00 **Eredivisie Highlights**
6.00 **Coppa Italia** Fiorentina v Como.
7.55 **Sporting Greats**
8.25 **Women's Football Weekly**
8.55 LIVE **Argentine Primera Division** **Racing v Rosario.** Coverage from Estadio Presidente Juan Domingo Perón. Kick-off **9.00pm**.
10.55 LIVE **Argentine Primera Division** **River Plate v Gimnasia.** Coverage from Estadio Más Monumental Stadium. Kick-off **11.00pm**.
1.00 AM **Temples of Sport**
1.30 **LaLiga** Girona v Getafe.
3.30 **NHL Ice Hockey**
5.00 **to 6.00** AM **Eredivisie**

Premier Sports 2

420 552

6.00 AM **Temples of Sport**
7.00 **NHL Tonight** Defensemen.
8.00 **NHL Ice Hockey** Boston Bruins v Nashville Predators.
10.00 **Football's Greatest**
10.30 **Eredivisie** Ajax v Volendam.
12.30 PM **United Rugby Championship** Edinburgh v Bulls.
2.30 **Temples of Sport**
3.00 **LaLiga** Atletico Madrid v Mallorca.
5.00 **Football's Greatest**
5.30 **United Rugby Championship**
7.30 **Top 14 Rugby Union** A chance to see Toulon v Montpellier.
9.30 **Football's Greatest**
10.00 **NHL Ice Hockey** Seattle Kraken v Washington Capitals.
12.00 M'T LIVE **NHL Ice Hockey** **Columbus Blue Jackets v Philadelphia Flyers.** Coverage of the Eastern Conference encounter staged at Nationwide Arena. Face-off **12.30am**.
3.00 AM **Temples of Sport**
4.00 **to 6.00** AM **Eredivisie**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **The Best of F1 2025**
8.00 **Jochen Rindt: Uncrowned Champion** A profile.
9.00 **F1 Academy Highlights**
11.00 **The F1 Show** Race preview.
12.00 NOON **Formula 1**
2.05 PM **Story of the 2025 Season**
2.15 **Carlos Sainz & the Lie Detector**
2.30 **Ted's Testing Podbook**
3.00 **Formula 1** The Dutch Grand Prix.
7.45 **Carlos Sainz & the Lie Detector**
8.00 **British GT Championship**
9.00 **Ted's Testing Podbook**
9.30 **Formula 1** The Dutch Grand Prix.
10.30 **Ted's Testing Podbook**
11.00 **Formula 1** The Italian Grand Prix.
12.00 M'T Azerbaijan Grand Prix.
1.00 **to 6.00** AM **The Best of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Thursday

29 January

Evening Planner

Factual

Dragons' Den

BBC1, 8pm

Entrepreneurs pitch for investment in front of the panel. Guest Dragons this series include REFY CEO Jenna Meek.

Football

Europa League

TNT Sports, kick-offs 8pm

Tonight's final matches in the league phase include Nottingham Forest against Hungarian club Ferencvárosi TC.

Reality

The Apprentice

BBC1, 9pm

Twenty hopefuls step into the boardroom to show their mettle to Lord Sugar for the 20th series of the business contest.

OnDemand

NETFLIX

Bridgerton

Available today

Dearest Reader: This author believes Benedict Bridgerton could find himself on the marriage mart this season...

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Dragons' Den		9.00 The Apprentice		10.05 News; Local News	
	102 BBC2	7.00 Celebrity Antiques Road Trip		8.00 Your Home Made Perfect		9.00 Cold Case Investigators: Solving Britain's...		10.05 Apprentice...	10.35 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Tonight †	8.00 Emmerdale	8.30 Coronation...	9.00 Long Lost Family		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Lorraine Kelly's Norwegian Odyssey		9.00 Patience		10.00 24 Hours in A&E	
	105 5	7.00 Smart Meters: Are They Really Worth It?		8.00 Spain with Michael Portillo		9.00 Ben Fogle: New Lives in the Wild		10.00 A Killer Makes a Call	
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 UFO		9.00 Rob & Romesh vs Team GB: Winter Special			
ENTERTAINMENT	115 BBC3	7.05 SpongeBob...	7.30 Deadly 60	8.00 Top Gear		9.00 Film: My Scientology Movie			10.35 Stacey...
	116 BBC4	7.00 Great British...	7.30 Wainwright...	8.00 Film: The Magnificent Seven				10.05 Parkinson with Yul Brynner	
	118 ITV2	7.00 Deal or No Deal		8.00 The Real Housewives of Orange County		9.00 Love Island: All Stars		10.05 Piglets	10.35 Family Guy
	136 MORE4	‹ 6.55 Car S.O.S.		7.55 The Dog House		9.00 Britain's Favourite Railway Stations...		10.00 New Zealand by Train	
	135 E4	7.00 The Simpsons		8.00 First Dates		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Police 24/7		8.00 Law & Order: Criminal Intent		9.00 The Equalizer		10.00 Law & Order: Special Victims Unit	
	108 SKY ATLANTIC	‹ 6.50 Game of Thrones				9.00 The Last of Us		10.05 A Knight of the Seven Kingdoms	
	110 U&GOLD		7.20 Dad's Army	8.00 The Vicar of Dibley					
	111 U&DAVE	7.00 Would I Lie to You?		7.40 Richard Osman's House of Games		9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Vera				10.00 Foyle's War	
	120 ITV4	7.00 Darts: The World Masters – Live: Coverage of day one							
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: Runaway Bride			
	152 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate SG-1		9.00 Film: Witch Hunt			
	113 SKY MAX		7.15 Stargate SG-1		8.15 Never Mind the Buzzcocks	9.00 Evil			
	109 U&ALIBI	7.00 Miss Fisher's Murder Mysteries		8.00 Death in Paradise				10.00 Annika	
	124 SKY ARTS	7.00 Landscape Artist of the Year		8.00 Discovering: Meryl Streep		9.00 Film: The Misfits			
	132 U&W	7.00 My Kitchen Rules: New Zealand			8.35 Pete Wicks: For Dogs' Sake		9.35 999 Rescue Squad		
DOCUMENTARY	125 DISCOVERY	7.00 Chasing Classic Cars				9.00 Marooned with Ed Stafford		10.00 In the Eye of the Storm	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Richard E Grant's Seven Deadly Sins		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Toronto Airport Uncovered		9.00 Nazi Megastructures: Death From Above		10.00 Top Guns: The Next Generation	
	123 SKY HISTORY	7.00 Forged in Fire Armed Forces...		8.00 A Ship Through Time: Secrets of the...		9.00 Ice Road Truckers		10.00 Mountain Men	
	155 U&YESTERDAY	7.00 Great Canal Journeys		8.00 Bangers & Cash		9.00 Flipping Bangers		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Boyzone: No Matter What						10.00 Film: Robin Williams: Come Inside...	
FILMS – Sky Cinema	301 PREMIERE		7.10 Xeno			9.00 The Toxic Avenger			
	302 FEEL GOOD	‹ 6.00 Shirley Valentine		8.00 Back to the Future				10.00 Ferris Bueller's Day Off	
	303 BRIT HITS	‹ 6.00 Promising Young Woman		8.00 Snatch			9.50 Layer Cake		
	304 GREATS	‹ 5.50 Escape to Victory		8.00 The Bodyguard				10.10 Scarface	
	305 ANIMATION	‹ 5.45 Rango	7.45 Open Season			9.25 Sneaks			
	306 FAMILY	‹ 6.00 The Smurfs		7.55 The Smurfs 2			9.55 Robin and the Hoods		
	307 ACTION	‹ 5.15 Transformers: Age of Extinction		8.00 Terminator Salvation				10.10 Last Action Hero	
	308 COMEDY	‹ 6.00 School of Rock		8.00 50 First Dates			9.45 The 40-Year-Old Virgin		
	309 THRILLER	‹ 5.50 Collateral		8.00 The Equalizer				10.15 The Equalizer 2	
	310 DRAMA	‹ 5.50 The Blind Side		8.00 Erin Brockovich				10.15 Anora	
	311 SCI-FI	‹ 5.50 Constantine		8.00 Companion			9.45 Pet Sematary		
	313 FILM4	‹ 6.40 Steel Magnolias				9.00 A Man Called Otto			
SPORT	401 MAIN EVENT	‹ 5.30 PGA Tour Golf – Live: The Farmers Insurance Open							
	402 PREMIER LEAGUE	7.00 The Transfer Show		8.00 Big Interview	8.30 PL Stories	9.00 Transfer 360		10.00 Big Interview	10.30 PL Stories
	403 FOOTBALL	7.00 EFL Goals		8.00 SPFL Round-Up	8.30 EFL Highlights			10.00 Bundesliga...	10.30 EFL Goals
	405 CRICKET	7.00 Big Bash League		8.00 WPL					
	410 TNT SPORTS 1	7.00 UEFA Europa League – Live: Coverage from the latest match							10.30 UEFA Europa...
	411 TNT SPORTS 2	7.00 UEFA Europa League...	7.45 UEFA Europa League – Live: Celtic v FC Utrecht (Kick-off 8.00)					10.00 UEFA Europa League Goals Show...	

‹ Denotes programmes starting before 7.00pm † Regions vary

THURSDAY

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Thursday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Rip Off Britain** (S)(R)
11.15 **Homes Under the Hammer** New edition From Cornwall. (S)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Lost and Found in the Lakes** Series finale A precious ring. (S)
2.30 **Marcus Wareing Simply Provence** Provence's passion for olives. (S)(R)
3.00 **Escape to the Country** (S)(R)
3.45 **The Travelling Auctioneers** (S)(R)
4.30 **Antiques Road Trip** New edition Hunting treasures in Yorkshire. (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)
6.55 **Party Political Broadcast** (S)

3.45 The Travelling Auctioneers

7 PM

7.00 **The One Show** Roman Kemp and Alex Jones present the topical show. (S)
7.30 **EastEnders** Emotions run high in court as Avani takes the stand, and the Minute Mart is the target of burglars. (S)(AD)

8 PM

8.00 NEW SERIES **Dragons' Den** Evan Davis hosts, as cosmetic powerhouse Jenna Meek joins the line-up of millionaire investors Peter Jones, Steven Bartlett, Deborah Meaden and Touker Suleyman. *See feature, page 12.* (S)(AD)

9 PM

9.00 NEW SERIES **The Apprentice** 1/12. A new batch of hopefuls jet off to Hong Kong for their first task of the competition. *See feature, page 8.* (S)(AD)
■ *The Apprentice: Unfinished Business* follows on BBC2

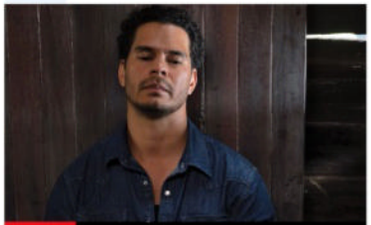
10 PM

10.05 **BBC News** (S)
10.35 **Local News** (S)
10.45 **Question Time** Fiona Bruce chairs the topical debate, inviting a panel of politicians and other guests in King's Lynn, Norfolk, to answer questions from an invited audience. (S)
11.45 **Newscast** A panel of journalists host a weekly round-up from Westminster, delivering the usual mix of serious political analysis and light-hearted gossip. (S)
12.15 AM **The Weakest Link** With Lloyd Griffith, Rav Wilding, Colin Jackson, Dylan Llewellyn, Lorna Watson, Shereen Cutkelvin, Harriet Thorpe and Kiri Pritchard-McLean. (S)(R)
1.00 **Weather for the Week Ahead** (S)
1.05 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.15 AM **Homes Under the Hammer** (R)
7.15 **Escape to the Country** (S)(R)
8.00 **Sign Zone: Monty Don's Rhineland Gardens** (S)(R)(AD)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Impossible** Quiz show. (S)(R)
1.45 **Brainbox Challenge** (S)(R)
2.15 **The Boss** Quiz show. (S)(R)
3.00 **The Vintage French Farmhouse**
3.45 **Who Do You Think You Are? USA** With Laverne Cox. (S)(R)(AD)
4.15 **Scotland from the Sky** (S)(R)
5.15 **Flog It!** Paul Martin hosts from Haddon Hall in Derbyshire. (S)(R)
6.00 **Richard Osman's House of Games** New edition Quiz. (S)
6.30 **Clive Myrie's African Adventure** New edition 4/10. Clive arrives in Ghana, and his first stop is the beachside capital of Accra. (S)(AD)


11.10 Mystery Road: Origin

7.00 **Celebrity Antiques Road Trip** Newscasters Nina Hossain and Lucrezia Millarini embark on a shopping bonanza between Nottinghamshire and Derbyshire, with expert advice provided by Tim Medhurst and Steven Moore. (S)(R)

8.00 **Your Home Made Perfect** Architects Will Foster and Lizzie Fraher compete using virtual reality to win the opportunity to remodel a four-bedroom house near Stockport. Presented by Angela Scanlon. (S)(R)

9.00 **Cold Case Investigators: Solving Britain's Sex Crimes** 2/2. Modern DNA testing helps detectives find a rapist who posed as a cab driver and has gone unpunished for nearly 30 years. (S)(R)(AD)

10.00 **Grand Tours of Scotland's Lochs** (S)(R)
10.05 NEW SERIES **The Apprentice: Unfinished Business** Angela Scanlon chats to the first candidate to be fired. (S)(AD)
10.35 **Newsnight** (S)

11.10 **Mystery Road: Origin** New episode 4/6. Jay's rough justice gets an unexpected response. One disappearance is resolved, but the other's outcome proves aggravating. (S2) (S)
12.05 AM **Sign Zone: Gladiators** (S)(R)
1.05 **Sign Zone: Robson Green's Weekend Escapes** (S)(R)(AD)
1.35 **Sign Zone: Confessions of a Killer** 1/2. Documentary. (S)(R)(AD)
2.35 **Sign Zone: Waiting for the Out** (R)
3.20 **to 6.30** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
9.30 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** New edition David and his team visit Coventry, where Jan Keyne splashes out on a family collection of top-end watches. (S)(AD)
3.00 **Time Is Money** New edition Quiz show hosted by Sara Davies. (S)
4.00 **Deal or No Deal** New edition Stephen Mulhern hosts as Yahya takes on the infamous Banker. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.25 **Party Political Broadcast** (S)
6.30 **ITV News** (S)

9.00 Long Lost Family

7.30 **Tonight: Online Reviews – Can You Trust Them?** Sam Leader investigates the digital marketplace, a world where unscrupulous traders write their own testimonials and positive reviews can be purchased in bulk. (S)

8.00 **Emmerdale** Marlon is stunned, and Dawn makes a suggestion. (S)(AD)
8.30 **Coronation Street** Roy is taken aback when the husband of his penpal turns up in the cafe, and Bernie drowns her sorrows. (S)(AD)

9.00 **Long Lost Family** Series finale 7/7. Davina McCall and Nicky Campbell present the stories of Mandy, who is set on finding the big sister she never knew she had, and Jane, who is also keen to find her surprise sibling. (S)(AD)

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Killer in the House: The Murders of Lesley Howell and Trevor Buchanan** Documentary examining the case of one of the UK's most notorious double murders, when two married people having an affair decided to kill their spouses. (S)(R)(AD)
11.40 **Millionaire Hot Seat** Quiz show hosted by Jeremy Clarkson. (S)(R)
12.05 AM **Teleshopping**
3.00 **Jimmy & Shivi's Farmhouse Breakfast** Jimmy Doherty and Shivi Ramoutar are joined by singer Gareth Gates. (S)(SL)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Deal or No Deal** (S)(R)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 | 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 8-10/22. (S7) (S)(R)
7.50 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 17-20/24. (S10) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Car S.O.S** (S)(R)(AD)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** New edition The pressure is on as a Lancaster couple push to open their new show bar in Spain. (S)
5.00 **Chateau DIY: Win the Dream** New edition The three remaining pairs transform their bedrooms as they compete for a spot in this week's final challenge. (S)(AD)
6.00 **A Place in the Sun** New edition A couple seek a property in the Garonne region of France. (S)

9.00 Patience

7.00 **News** (S)

8.00 **Lorraine Kelly's Norwegian Odyssey** Series finale 3/3. In Norway, the presenter heads to sea on a 100-year-old fishing boat on a mission to catch cod, and later fulfils a life-long dream of seeing the Northern Lights. (S)(AD)

9.00 **Patience** Series finale *Hostage:* 8/8. Frankie and Patience are held at gunpoint by an escaped prisoner, who wants Patience to help prove her innocence. Stars Ella Maisy Purvis. (S2) (S)(AD)
■ Entire series on C4 Streaming

10.00 **24 Hours in A&E** Focusing on the stories of Queen's patients who are an inspiration to their loved ones and how they have jointly faced some of the biggest challenges of their lives. (S)(R)(AD)

11.05 **24 Hours in Police Custody: Burying Horror** The investigation into one of the country's worst serial paedophiles. (S)(R)(AD)
12.15 AM **In the Footsteps of Killers** The Templeton Woods Murders. (S)(R)
1.10 **Ramsay's Kitchen Nightmares USA** From New York. (S)(SL)(R)
2.00 **Four Kings** (S)(SL)(R)(AD)
3.40 **The Great Pottery Throw Down**
4.50 **Couples Come Dine with Me** (R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Topical discussion. (S)
3.00 **The Madame Blanc Mysteries** *Beach Club:* 1/6. Jeremy and Judith find a CEO's body in a dinghy. (S4) (S)(R)(AD)
4.00 **Bargain-Loving Brits in the Sun** New edition Novice caravan salesman Ant starts a new life on the Costa del Sol. (S)
5.00 **News** (S)
6.00 **The Motorway** Just outside Manchester, patrollers Victoria and Darren battle through heavy traffic to reach a high-speed crash on the M62. (S)(R)
6.55 **News** (S)

9.00 New Lives in the Wild

7.00 **Smart Meters: Are They Really Worth It?** Documentary examining the truth behind the promised benefits of gas and electricity smart meters. (S)(R)
7.55 **News** (S)

8.00 **Spain with Michael Portillo** New edition 4/8. The presenter explores Valencia, beginning in the Old Town, where he soaks up the sights of two historic squares adjacent to the Cathedral. (S)

9.00 **Ben Fogle: New Lives in the Wild** New edition Ben travels to Montana, USA, and visits a homestead perched on one of the region's highest mountains – home to the Bellrose family. (S)

10.00 **A Killer Makes a Call** Investigating the call made by Robert Trigg, who reported that he had woken up to find his partner, Susan Nicholson, in a strange position, believing that she may have suffocated. (S)(R)

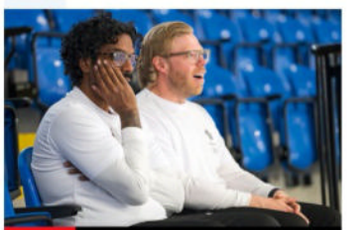
11.05 **My Lover, My Killer** (S)(R)(AD)
12.00 M'T **Motorway Cops: Catching Britain's Speeders** (S)(R)
1.00 AM **PlayOJO Live Casino Show**
3.00 **World's Most Scenic Railway Journeys** (S)(R)
3.50 **Susan Calman's Grand Week by the Sea** (S)(R)
4.35 **Amazing Railway Adventures with Nick Knowles** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate SG-1** (S7) (S)(R)
11.00 **Planet Shark** (S)(R)(AD)
12.00 NOON **The Flash** (S8) (S)(R)
1.00 PM **Hawaii Five-0** (S10) (S)(R)
3.00 **S.W.A.T.** 7/18. (S4) (S)(R)(AD)
4.00 **NCIS: Los Angeles** (S13) (S)(R)
5.00 **The Simpsons** *Bart the Daredevil:* Bart becomes a daredevil skateboarder. (S)(R)
5.30 *Bart's Brain:* Bart finds someone that resonates with him on a deeper level. (S)(R)
6.00 **The Office (US)** 2/22. The team members must attend a seminar on sexual harassment in the workplace. (S)(R)
6.30 3/22. Jim and Pam arrange an 'Office Olympics'. (S2) (S)(R)



9.00 Rob & Romesh vs Team GB

7.00 **The Simpsons** *Itchy & Scratchy & Marge:* Marge is convinced *The Itchy & Scratchy Show* is turning Maggie into a thug. (S)(R)
7.30 *Bart Gets Hit by a Car:* Bart is knocked down by Mr Burns' car. (S)(R)

8.00 **UFO** 4/4. A look at how acclaimed psychiatrist John Mack began an investigation into claims of alien abduction and the shocking discoveries he made. (S)(R)(AD)

9.00 **Rob & Romesh vs Team GB: Winter Special** 5/6. The duo try their hands at winter sports, with help from former ski-jumper Eddie 'the Eagle' Edwards and 2022 Olympic curling champion Eve Muirhead. (S)(R)

10.00 **Rob & Romesh vs Team GB: Winter Special** 6/6. Rob Beckett and Romesh Ranganathan conclude their foray into the world of winter sports at the World Curling Championships in Fredericton, Canada. (S)(R)

11.00 **Curb Your Enthusiasm** 9/10. Larry is put out by Marty Funkhouser's appearance at the *Seinfeld* reunion rehearsal. (S)(R)
11.40 10/10. Larry becomes suspicious of Cheryl's friendship with Jason Alexander. (S7) (S)(R)
12.30 AM **The Force: Manchester** (R)
1.30 **Road Wars** Double bill. (S)(R)
3.00 **S.W.A.T.** 7/18. (S4) (S)(R)(AD)
4.00 **NCIS: Los Angeles** (S13) (S)(R)
5.00 **to 6.00** AM **Highway Patrol** (R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
11.15am Bargain Hunt (S)(R)(AD) **12.00noon-1.00pm** First Minister's Questions (S) **12.15** Scotcast (S)(R) **12.45** The Weakest Link (S)(R) **1.30** Weather for the Week Ahead (S) **1.35-6.00am** BBC News (S)

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
10.45pm The View (S) **11.25** Question Time (S) **12.25am** Newscast (S) **1.00** Things You Should Have Done (S)(R) **1.30-6.00am** BBC News (S)

WALES
Sky **965**, Virgin **864**, Freesat **965**
No variations

BBC2

N. IRELAND
Sky **969**, Freesat **969**
11.10pm Confessions of a Killer (S)(R) **12.10-1.05am** Mystery Road: Origin New episode (S)

WALES
Sky **968**, Freesat **968**
7.00pm Scrum V: The Warm Up (S) **7.30-8.00pm** The Hairy Bikers' Bakeation (S)(R)

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Dim Byd i'w Wisgo **12.30** Heno **1.00** Rhys Patchell: Japan a'r Gic Olaf **1.30** Y Deis **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Taith Bywyd (AD) **4.00** Awr Fawr **5.00** Stwnsh **6.00** Gwlad y Basg: Gwilym Bowen Rhys **6.25** Y Cyfweliad **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Rownd a Rownd New episode (AD) **8.55** Newyddion a'r Tywydd **9.00** Y Byd yn ei Le **9.45** Cynefin **10.45** Stuart Burrows: Brenin y Tenoriaid **11.30pm-12.05am** Cysgu O Gwmpas (AD)

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **SpongeBob SquarePants**
7.30 **Deadly 60** Steve Backshall encounters the paralysis tick, the lace monitor lizard and the redback spider.
8.00 **Top Gear** A road trip across Australia's Northern Territory.
9.00 **FILM My Scientology Movie** Documentary in which Louis Theroux investigates the controversial religion, re-enacting personal experiences of former members, only to find himself under surveillance by representatives of the church. (2015, 15, 99min) ★★★
10.35 **Stacey Dooley: Two Daughters** The story of the murders of Bibaa Henry and Nicole Smallman.
11.35 **FILM Rush** Sports drama starring Chris Hemsworth and Daniel Brühl as 1970s Formula 1 drivers James Hunt and Niki Lauda. (2013, 15, 120min) ★★★★
1.30 AM **Things You Should Have Done** 4-6/6. (S2)
2.55 **to 3.55** AM **Top Gear**

MORE4

136/137 127 147 18 124 15

8.55 AM **Strangers on a Plane**
9.30 **Find It, Fix It, Flog It**
10.25 **A Place in the Sun**
11.30 **Come Dine with Me**
2.10 PM **Four in a Bed**
4.50 **A Place in the Sun** A Hertfordshire couple view five properties in Tenerife.
5.55 **Car S.O.S** Tim Shaw and Fuzz Townshend head to Norfolk to take on a 1997 Peugeot 106 Rallye.
6.55 **Car S.O.S** Tim and Fuzz work on a 1972 Renault Alpine A110 rally racer.
7.55 **The Dog House** Jack Russell-pugs Millie and Max, a little pooch called Rex, a 13-week-old Jack Russell puppy called Albie and 'escape artist' Lily the beagle seek new homes
9.00 **Britain's Favourite Railway Stations with Si King** Series finale 4/4. Si explores Glasgow Central, Scotland's busiest station. Beneath its concourse, he uncovers hidden tunnels, wartime shelters and a forgotten platform.
10.00 **New Zealand by Train** 1/2. Three of the country's most scenic rail journeys.
11.05 **24 Hours in A&E**
1.15 AM **Britain's Favourite Railway Stations with Si King** As shown at 9.00pm.
2.20 **24 Hours in A&E**
3.25 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 347 125

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Great British Railway Journeys** Michael Portillo travels from London's Docklands to the Barbican.
7.30 **Wainwright Walks** Julia Bradbury climbs Pillar Rock.
8.00 **FILM The Magnificent Seven** Classic Western starring Yul Brynner as the leader of a group of gunmen hired to protect a Mexican village from bandits. With Steve McQueen, Eli Wallach and Charles Bronson. (1960, PG, 138min) ★★★★★
10.05 **Parkinson with Yul Brynner** Michael Parkinson in conversation with stage and screen star Yul Brynner.
11.10 **FILM Defiance** World War Two action drama based on a true story, starring Daniel Craig and Liev Schreiber. (2008, 15, 137min) ★★★★
1.15 AM **Sleuths, Spies & Sorcerers: Andrew Marr's Paperback Heroes**
2.15 **Great British Railway Journeys** As 7.00pm.
2.45 **to 3.15** AM **Wainwright Walks**

E4

135/136 126 106 13 122 13

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Goldbergs**
10.00 **Modern Family**
11.00 **Ramsay's Kitchen Nightmares USA**
1.00 PM **Brooklyn Nine-Nine**
2.00 **The Simpsons**
3.00 **The Goldbergs**
4.00 **Modern Family**
5.00 **Brooklyn Nine-Nine**
6.00 **The Simpsons** Double bill.
7.00 **The Simpsons** *Homer and Her Sisters:* Krusty's aunt fixes Homer's relationship with Patty and Selma. **7.30** *The Greatest Story Ever D'ohed:* Homer heads to Jerusalem with Flanders.
8.00 **First Dates** Factory worker Mark is hoping Venezuelan cleaner Aire will be his perfect salsa partner.
9.00 **Gogglebox** Opinions on *It's a Sin, Ant & Dec's Saturday Night Takeaway,* and *Snakes in the City.*
10.00 **Gogglebox** James Corden's 2021 *Late Show* interview with Prince Harry is assessed.
11.05 **Open House: The Great Sex Experiment**
12.10 AM **Naked Attraction**
1.15 **First Dates**
2.20 **Gogglebox** Double bill.
4.10 **The Goldbergs**
4.55 **to 6.00** AM **Don't Tell the Bride**

+1 hr 235/236 306 30 123 256

THURSDAY Entertainment

Thursday

Sky Witness

107 107 110 341 356

6.00 AM **Nothing to Declare**
8.00 **Border Patrol**
9.00 **Send in the Dogs**
10.00 **Border Security: Canada's Front Line** Double bill.
11.00 **A1: Britain's Longest Road**
12.00 NOON **FBI** 2/22. (S5)
1.00 PM **The Rookie** 11/22. The team find themselves in the middle of a gang war.
2.00 12/22. Nolan and Celina stand guard at a hospital. (S5)
3.00 **Watson** 4/13. The team trace a case to Amish country. (S1)
4.00 **Nothing to Declare**

9.00 The Equalizer

7 PM
7.00 **Police 24/7** Police must use discretion as a high-speed chase gets close to a school zone.

8 PM
8.00 **Law & Order: Criminal Intent** 15/22. Three murders are linked to an exclusive pre-school with a long waiting list. (S7)

9 PM
9.00 **The Equalizer** *It Takes a Village:* 4/10. McCall investigates the staged suicide of a community activist. (S1)

10 PM
10.00 **Law & Order: Special Victims Unit** *Zone Rouge:* 5/13. Benson tries to help a federal agent. (S25)
11.00 **The Rookie** 3/22. (S4)
12.00 M'T **FBI** 2/22. (S5)
1.00 AM **Law & Order: Criminal...**
2.00 **Law & Order: Organized Crime** 13/13. (S4)
3.00 **FBI** 3/22. (S5)
4.00 **Road Wars**
5.00 **to 6.00** AM **The Force: Manchester**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
8.00 **Boardwalk Empire** (S4)
10.10 **The Sopranos** 11&12/13. (S3)
12.20 PM **Game of Thrones** (S4)
2.20 **The Wire** (S3&4)
4.40 **Westworld** 9/10. The Man in Black confronts memories from his troubled past. (S2)
5.45 **Deadwood** 7/12. Alma receives disturbing news. (S2)
6.50 **Game of Thrones** 7/10. Tyrion enlists an unlikely ally, and Jon's warnings about the Wall fall on deaf ears. (S4)

9.00 The Last of Us

7.55 **Game of Thrones** *The Mountain and the Viper:* 8/10. Tyrion's fate is decided as Oberyn Martell and Gregor Clegane clash in his trial by combat. (S4)

9.00 **The Last of Us** *Through the Valley:* 2/7. The residents prepare for the worst, and Abby weighs up her options. (S2)

10.05 **A Knight of the Seven Kingdoms** *Hard Salt Beef:* 2/6. Dunk makes appeals to various lords. (S1)
10.45 **Deadwood** As 5.45pm.
11.50 **The Sopranos** 10&11/13. (S3)
2.00 AM **NEW SERIES Under Salt Marsh** 1/6. Crime drama.
3.05 New episode 2/6. A teacher makes a shocking discovery. (S1)
4.10 **Game of Thrones** (S4)
5.10 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S9)
8.00 **The Flash** 18/20. (S8)
9.00 **Stargate SG-1** (S7)
11.00 **SEAL Team** 7/10. (S7)
12.00 NOON **The Flash** 19/20. (S8)
1.00 PM **Hawaii Five-0**. (S10)
3.05 **S.W.A.T.** 7/18. (S4)
4.10 **NCIS: Los Angeles** 16/22. The team investigate when a military dog is kidnapped. (S13)
5.15 **SEAL Team** 6/10. The team's next mission is to capture Jun Yilin in Cambodia. (S7)
6.15 **Stargate SG-1** 1/22. The team antagonise Anubis. (S7)

8.15 Never Mind the Buzzcocks

7.15 **Stargate SG-1** *Homecoming:* 2/22. Part two of two. Anubis makes preparations to attack Kelowna and steal the Naquadria. (S7)

8.15 **Never Mind the Buzzcocks** With Stefflon Don, Jake Shears and Jamie-Lee O'Donnell.

9.00 **Evil** *Vatican III:* 7/13. Monsignor Korecki asks Kristen, David and Ben to investigate when Bridget confesses to murder.

10.00 **Evil** *Fathers:* 8/13. David recognises a sigil in the Poveglia Codex from his father's artwork. (S1)
11.00 **Fear the Walking Dead** 4/16. A mysterious character searches for purpose and soon becomes tied to the struggle over a key resource. (S3)
12.00 M'T **The Force: Manchester**
2.00 AM **Road Wars**
3.00 **S.W.A.T.** 7/18. (S4)
4.00 **NCIS: Los Angeles** (S13)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Celebrity Dinner Date**
8.30 **Georgia and Tommy**
9.25 **The Only Way Is Essex**
10.25 **Real Housewives of Miami**
11.20 **Real Housewives of Beverly Hills** Reality series.
12.15 PM **Dinner Date**
2.15 **The Only Way Is Essex**
3.15 **Real Housewives of Orange County** Reality series.
4.10 **Real Housewives of Miami**
5.00 **Real Housewives of Beverly Hills** Reality series.
6.00 **Celebrity Catchphrase**

10.05 Piglets

7.00 **Deal or No Deal** Stephen Mulhern hosts as Aysha takes on the Banker for the chance to win a life-changing cash prize.

8.00 **The Real Housewives of Orange County** The reunion continues with Jenn questioning her friendship with Tamra.

9.00 **Love Island: All Stars** New edition Famous former Islanders are given another shot at finding the one.

10.05 **Piglets** New episode 3/6. B Group learn how to restrain suspects with the help of Bob. (S2)
10.35 **Family Guy** 16/20. (S16)
11.05 **Family Guy** 11/20. Brian mutilates Stewie's teddy bear Rupert. (S16)
11.35 **American Dad!** (S13)
12.35 AM **Bob's Burgers** (S12)
1.35 **Olivia Attwood's Bad Boyfriends**
2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Never the Twain**
6.30 **On the Buses**
7.05 **Classic Emmerdale**
8.05 **Classic Coronation Street**
9.10 **Inspector Morse**
11.20 **Heartbeat** Double bill.
1.20 PM **Foyle's War** *Broken Souls:* A murder at a military psychiatric hospital produces no shortage of suspects.
3.30 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *C'est La Vie:* Aidensfield prepares to be twinned with a French town.

8.00 Vera

6.55 **Heartbeat** *Old Scores:* An ex-convict who served time for the rape of a girl becomes the target of a hate campaign.

8.00 **Vera** *The Moth Catcher:* DCI Stanhope investigates a murder at a remote country house, but no sooner does she arrive than a second body is found and a connection starts to emerge between the victims.

10.00 **Foyle's War** *All Clear:* Foyle is enlisted as the police representative on the Victory Day Celebrations Committee, but a murder puts paid to the preparations.
12.00 M'T **Trial & Retribution** 1/10. The daughter of a happy family is killed in their home, and inquiries bring a number of dark secrets to light. (S10)
1.30 **to 2.30** AM **The Larkins**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Banjo and Ro's Grand Island Hotel** A storm closes in on Ulva.
8.00 **Scotland's Sacred Islands with Ben Fogle** Ben visits a tiny church with big ideas on a trip to the Shetland Isles.
9.00 **The Last Stone** The story of how Great Britain's women's curling team won Olympic gold in 2002.
10.00 **Scot Squad** 4/5. PC Charlie MacIntosh is offered an exciting opportunity. (S7)
10.30 **Martin Compston's Scottish Fling** 1/6. The actor travels across his homeland with his friend Phil MacHugh.
11.00 **Scotcast** Topical debate.
11.30 PM **to 12.00** M'T **Situationships with Sophie and Christine**

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S2)
9.00 **Ballers** 5&6/10. (S1)
10.20 **Sex and the City** (S1)
11.30 **Entourage** (S2)
12.30 PM **Will & Grace** (S4)
1.30 **Sex and the City** (S1)
2.40 **Ballers** 6&7/10. (S1)
3.50 **And Just Like That...**
4.45 **The Office (US)** (S2)
5.45 **Will & Grace** (S4)
6.45 **Community** (S4)
7.45 **Sex and the City** 9/12. Carrie receives some worrying news.
8.20 10/12. Carrie takes a pregnancy test. (S1)
9.00 **James Acaster: Hecklers Welcome**
10.30 **And Just Like That...** *There Goes the Neighbourhood:* 9/11. Carrie makes a big decision. (S2)
11.20 **Community** (S4)
12.20 AM **Entourage** (S2)
1.20 **Ballers** 7&8/10. (S1)
2.25 **Curb Your Enthusiasm**
3.45 **to 5.00** AM **Silicon Valley**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **Australian Ballet: The Merry Widow**
7.45 **The Joy of Painting**
8.55 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **The Art of the Garden**
3.00 **World War II & Cinema**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Landscape Artist of the Year** From Dover.
8.00 **Discovering**
9.00 **FILM The Misfits** Western. (1961, b/w, PG, 123min) ★★★★★
11.20 **The Directors**
12.20 AM **I Am Bruce Lee**
2.20 **Science Fiction in the Atomic Age**
3.20 **Sky Arts Book Club**
4.20 **Inside Art**
4.45 **to 6.00** AM **National Trust: National Treasures**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: Canada's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: Canada's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Stargate Atlantis** (S5)
5.00 **Stargate SG-1** (S2)
6.00 **Star Trek: Voyager**
7.00 **Star Trek: The Next Generation** 23/26. (S6)
8.00 **Star Trek: Deep Space Nine** 19/26. (S7)
9.00 **World's Most Evil Killers** Richard Paul White.
10.00 **Britain's Most Evil Killers** Mark Bridger
11.00 **Grimm** 2/22. (S5)
12.00 M'T **Wynonna Earp**
1.00 AM **Caught on Dashcam**
2.00 **Brit Cops: Frontline Crime UK** Documentary.
3.00 **The Force: North East**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** A mother and her sons take part.
3.00 **Beat the Chasers**
4.00 **Time Is Money** Quick-fire quiz show hosted by Sara Davies.
5.00 **Deal or No Deal** Stephen Mulhern hosts as Nikki takes on the infamous Banker for the chance to win a life-changing cash prize.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **Ant & Dec's Limitless Win** Childhood sweethearts Bianca and Ky continue their game from last week.
10.00 **Tipping Point** Triple bill of the arcade-themed game show hosted by Ben Shephard.
12.50 AM **Tenable** Quiz show hosted by Warwick Davis.
1.45 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **American Pickers**
11.00 **Find It, Fix It, Flog It**
12.00 NOON **A Place in the Sun** Triple bill.
3.00 PM **Kirstie and Phil's Love It or List It: Brilliant Builds**
3.30 **Come Dine with Me**
6.00 **Kirstie and Phil's Love It or List It**
7.00 **Lorraine Kelly's Norwegian Odyssey**
8.00 **Kirstie and Phil's Love It or List It** A Grantham couple cannot agree what to do with their dated bungalow.
9.00 **999: What Happened Next** The story of a woman who finds her car engulfed in flames.
10.00 **Four Kings** Double bill.
12.05 AM **FILM Carlito's Way** Brian De Palma's crime thriller starring Al Pacino and Sean Penn. (1993, 18, 145min) ★★★★
2.55 **to 5.00** AM **Celebrity SAS: Who Dares Wins**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Big Match Revisited**
8.05 **Magnum, PI**
9.05 **Kojak**
10.10 **Boon**
11.20 **The Sweeney**
12.25 PM **Robin of Sherwood**
1.35 **Magnum, PI**
2.40 **Kojak**
3.45 **Boon**
4.50 **The Sweeney** *Cover Story:* Regan becomes romantically involved with a crime journalist.
5.55 **Minder** *The Beer Hunter:* An old army friend of Arthur goes missing after a night out.

7.00 Darts: The World Masters

7.00 LIVE Darts: The World Masters Coverage of day one from Arena MK in Milton Keynes, featuring first-round matches, played over the best of five sets. Luke Humphries was the victorious player last year and he got his tournament under way in 2025 with a 3-1 victory over Joe Cullen. Also on the opening day 12 months ago, Rob Cross suffered a shock defeat at the hands of William O'Connor, and Gerwyn Price was the only player to win 3-0, overcoming Florian Hempel.

11.00 **Ligue 1 Highlights** Action from the top flight of French football, including Auxerre v PSG and Lille v Strasbourg.
11.30 **Berlin Station** 4/9. (S2)
12.35 AM **The Sweeney**
1.35 **Minder**
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

152 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 14/26. (S5)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 15/26. (S5)
2.00 **Blood & Treasure** (S2)
4.00 **Stargate SG-1** 3/22. (S2)
5.00 **Star Trek: Voyager** 7/16. The crew members discover a small wormhole. (S1)
6.00 **Star Trek: The Next Generation** 14/26. The crew suffer from amnesia. (S5)

2.00 Blood & Treasure

7.00 Star Trek: Deep Space Nine *By Inferno's Light:* 15/26. Cardassia prepares to invade the Alpha Quadrant. (S5)

8.00 Stargate SG-1 *Prisoners:* 3/22. Having helped a murderer, Jack and the team are banished to a penal world. (S2)

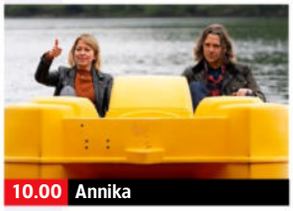
9.00 FILM Witch Hunt Fantasy starring Dennis Hopper. In a twisted 1950s where everyone performs magic, a private detective investigates a murder case without it. With Penelope Ann Miller. (1994, 18, 100min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 **Wynonna Earp** 6/12. The gunslinger rallies her friends and urges them to put aside their differences as time run short for the residents of Purgatory. (S2)
12.00 M'T **True Blood** 5&6/12. (S1)
2.00 AM **Blood & Treasure** (S2)
4.00 **Wynonna Earp** As 11.00pm.
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S10)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 11/22. (S6)
11.00 **Hudson & Rex** As 5.00pm.
12.00 NOON **Miss Fisher's Murder Mysteries** 6/13. (S2)
1.00 PM **Death in Paradise** (S3)
2.00 **Murdoch Mysteries** (S10&11)
4.00 **The Mentalist** 11/22. (S6)
5.00 **Hudson & Rex** 9/20. Sarah's testimony is challenged by a former rival in court. (S5)
6.00 **Father Brown** *The Dead of Night:* A supposed vampire strikes in Kembleford.


10.00 Annika

7.00 Miss Fisher's Murder Mysteries *Marked for Murder:* 6/13. Phryne discovers a body. (S2)

8.00 Death in Paradise *An Artistic Murder:* 3/8. The team investigate the shooting of Fidel's old school friend. (S3)

9.00 Death in Paradise *The Blood Red Sea:* 7/8. A treasure hunter is found dead after making a valuable discovery. (S5)

10.00 Annika 3/6. The team investigate when a Scottish millionaire is found dead in his own shark tank. (S2)

11.00 **Father Brown** As 6.00pm.
12.00 M'T **So Help Me Todd** 19/21. Margaret represents Susan's friend in a hostile work environment lawsuit. (S1)
1.00 AM **Death in Paradise** (S3)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.20 AM **Highlights**
9.20 **Are You Being Served?**
10.00 **Porridge**
10.40 **Keeping Up Appearances**
11.20 **Last of the Summer Wine**
12.40 PM **The Green Green Grass**
1.20 **Ever Decreasing Circles**
2.00 **Dad's Army**
2.40 **Are You Being Served?**
3.20 **Porridge**
4.00 **Ever Decreasing Circles**
4.40 **Last of the Summer Wine**
6.00 **Keeping Up Appearances**
6.40 **Porridge**

6.40 Porridge

7.20 Dad's Army Wilson is put in charge of the platoon when HQ discover that Mainwaring is not a commissioned officer.

8.00 The Vicar of Dibley Alice suggests an unconventional nativity play starring herself and Hugo as Mary and Joseph.

9.00 The Vicar of Dibley Alice and Hugo's baby is christened amid chaos. Guest stars Sean Bean.
9.55 A summer water shortage presents problems for the locals.
10.50 Men Behaving Badly Gary's jealousy prompts him to make life as difficult as possible for Dorothy and her new love Jamie.

11.30 **The Vicar of Dibley** Triple bill of episodes.
2.15 AM **Men Behaving Badly** As shown at 10.50pm.
2.50 **to 4.00** AM **The Vicar of Dibley**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.35 AM **Border Force: America's Gatekeepers** Double bill.
9.30 **Guy Martin: World's Fastest Tractor** Guy tries to become the first person to drive a tractor at more than 100mph.
11.00 **Rick Stein's Road to Mexico**
12.00 NOON **Bangers & Cash**
2.00 PM **Robson's Extreme Fishing Challenge**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British**
6.00 **Rick Stein's Road to Mexico** Rick lands in the town that placed Tequila on the map.

2.00 Extreme Fishing Challenge

7.00 Would I Lie to You? With guests Aisling Bea, June Brown, Adrian Chiles and Seann Walsh.
7.40 Richard Osman's House of Games With Charlie Baker and Martin Offiah.
8.20 With Natasha Raskin Sharp, Eddie Kadi, Charlie Stayt and Faye Tozer.

9.00 QI XL Guests Jo Brand, John Sessions and Dara O Briain join regular panellist Alan Davies and host Stephen Fry.

10.00 Have I Got a Bit More News for You Steph McGovern hosts the quiz, with guests Ash Sarkar and Josh Widdicombe.
11.00 **Taskmaster** Russell Howard gets some new tattoos, Tim Vine strips to his waist, and Alice Levine clumsily copies the work of Leonardo da Vinci.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **to 4.00** AM **Not Going Out**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 2&3/23. (S2)
11.00 **NCIS Special: Game of Shadows**
12.00 NOON **Law & Order**
6.00 PM **NCIS** *An Eye for an Eye:* 17/23. Two human eyeballs are sent to a petty officer's home.
7.00 *Bikini Wax:* 18/23. A swimsuit contest leads to murder.
8.00 *Conspiracy Theory:* 19/23. An officer's apparent suicide is investigated. (S2)
9.00 **Blue Bloods** *Blues:* 15/22. Danny is shaken by an off-duty run-in.
10.00 *Past Tense:* 16/22. A murder victim's daughter helps Danny and Baez with their investigation. (S9)
11.00 **Law & Order: Special Victims Unit** (S19&18)
2.40 AM **Law & Order** (S13)
3.35 **to 4.00** AM **Cops**

+1hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Shoplifters: Caught Red Handed**
11.00 **Police Interceptors**
5.00 PM **Call the Bailiffs: Time to Pay Up**
6.00 **Home and Away**
7.00 **Casualty 24/7: Every Second Counts**
8.00 **GPs: Behind Closed Doors** New edition A man who has a lump on his neck the size of a ping pong ball.
9.00 **A&E After Dark**
10.00 **Ambulance: Code Red** Paramedic Jack attends the scene of a stabbing.
11.00 **Skin A&E**
12.00 M'T **Call the Bailiffs: Time to Pay Up**
1.00 AM **Nightmare Tenants, Slum Landlords**
2.00 **GPs: Behind Closed Doors** Medical series.
2.45 **Skin A&E**
3.35 **to 4.00** AM **Friends**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.05 **Winter Road Rescue**
9.40 **Police Interceptors**
11.35 **FILM The Cimarron Kid** Western starring Yvette Dugay and Audie Murphy. (1951, U, 84min) ★★
1.25 PM **FILM The Unforgiven** Western with Burt Lancaster. (1960, PG, 125min) ★★★
4.00 **The Motorway**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** Officers head to the scene of a collision in Middlewich.
9.00 **Mud Mountain Haulers** New edition The Glovers attempt to low bed their winch to Erie Mountain.
10.00 **Outback Truckers**
11.00 **Banged Up Abroad**
12.00 M'T **Deadliest Weather: Caught on Camera**
1.00 AM **Ice Road Truckers**
2.05 **to 4.00** AM **Trucking Hell**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Australia** Culinary show.
7.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
7.00 **My Kitchen Rules: New Zealand** A mother-and-son team showcase their sophisticated menu.
8.35 **Pete Wicks: For Dogs' Sake** Pete helps to rehabilitate a group of ex-racing greyhounds.
9.35 **999 Rescue Squad** A woman plunges 10ft through the floorboards of her Sheffield home.
10.30 A car towing a caravan rolls over.
11.30 **Nurses on the Ward**
12.30 AM **Louis Theroux: The Most Hated Family in America** Documentary.
1.40 **to 3.00** AM **Michael McIntyre's Christmas Wheel**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.30 AM **The Bill**
8.25 **Doctors**
9.40 **Classic Holby City**
10.40 **Classic Casualty**
11.50 **The Bill**
12.50 PM **Classic EastEnders**
2.05 **All Creatures Great and Small**
3.10 **Howards' Way**
4.20 **Bergerac**
5.20 **The Thin Blue Line**
6.00 **To the Manor Born**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Kingdom** 4/6. (S1)
9.00 **Harry Wild** *Lights, Camera, Murder:* 3/6. A despotic soap opera director has his throat cut in the middle of a scene. (S3)
10.00 **New Tricks**
11.20 **Waking the Dead** (S7)
12.40 AM **Sister Boniface Mysteries** 5/10. (S1)
1.45 **The Thin Blue Line**
2.25 **To the Manor Born**
3.00 **to 4.00** AM **Harry Wild**

+1hr 243 316 60 260

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great Continental Railway Journeys**
8.00 **Bangers & Cash**
10.00 **Churchill: Winning the War, Losing the Peace**
11.00 **World War Weird**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **Churchill: Winning the War, Losing the Peace**
5.00 **World War Weird**
6.00 **Antiques Roadshow**
7.00 **Great Canal Journeys**
8.00 **Bangers & Cash** Dave travels to Bedale to extract a barn find – a 1984 Manta GTE.
9.00 **Flipping Bangers** Gus has his eye on a Citroën XM that looks amazing – but it's in France.
10.00 **Bangers & Cash**
1.00 AM **Abandoned Engineering**
2.00 **to 3.00** AM **Churchill: Winning the War, Losing the Peace**

+1 hour 255 329

THURSDAY Entertainment

Thursday

Really

142 153 165 44 149 40

6.00 AM **Celebrity Fantasy Homes** Brendan Cole.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **Antiques Road Trip** Double bill.
2.00 PM **The Repair Shop**
3.00 **The Yorkshire Auction House**
4.00 **Long Lost Family**
5.00 **A Place in the Sun**
6.00 **Salvage Hunters** Triple bill, including at: **8.00** Drew Pritchard visits an upmarket Somerset showroom.
9.00 **Ghost Adventures** New edition The crew roll into a Wild West town to confront a rumoured posse of volatile spirits that are tormenting the living.
10.00 **Help! My House Is Haunted** Four editions.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Great! TV

157 167 170 34 32

8.10 AM **Highway to Heaven**
10.10 **Little House on the Prairie** 7–9/24. (S6)
1.10 PM **The Waltons** (S2)
4.10 **Hamish Macbeth** (S1)
5.20 **Doctor Finlay** 7/7. (S3)
6.30 **Rumpole of the Bailey**
7.30 **M*A*S*H** 4/20. Hot Lips' father turns up. **8.00** 5/20. A wounded soldier tries to make it through Christmas. **8.30** 6/20. The staff members relax on New Year's Eve. (S9)
9.00 FILM **Blue Murder at St Trinian's** Comedy starring George Cole and Joyce Grenfell. (1957, b/w, U, 85min) ★★★
11.00 **Hamish Macbeth** (S1)
12.10 AM **Rumpole of the Bailey** 2/6. (S3)
1.10 **Doctor Finlay** 7/7. (S3)
2.25 **Home to Roost** (S1)
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257

Great! Action

323 319 426 42 33

9.10 AM **Tombstone Territory**
9.40 FILM **The War Lover** Melodrama. (1962, b/w, PG, 105min) ★★★
12.00 NOON **The High Chaparral** 26/26. (S2)
1.00 PM FILM **Frenchie** Western. (1950, PG, 80min) ★★
2.50 **Wanted: Dead or Alive**
3.30 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The Persuaders!**
7.00 **The Avengers** (S4)
8.00 **The New Avengers**
9.00 FILM **The Gunman** Drama with Sean Penn. (2015, 15, 115min) ★★★
11.25 FILM **Redemption Day** Crime action thriller. (2021, 15, 99min) ★★
1.35 AM **The Avengers**
2.35 **The New Avengers**
3.25 FILM **Ape vs Monster** Sci-fi fantasy adventure. (2021, 12, 88min) ★★
4.50 **to 5.50** AM **Cops Uncut**

+1 hour 324

Great! Mystery

321 318 425 50 48

8.10 AM **Diagnosis Murder**
9.10 **Murder, She Wrote**
10.10 **Unforgettable** (S3)
11.10 **Castle** 2/23. (S6)
12.10 PM FILM **More Bitter Than Death** (2019) ★★
2.05 FILM **Martha's Vineyard Mysteries: Riddled with Deceit** (2020) ★★
4.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 3/23. (S6)
8.00 **Unforgettable** (S3)
9.00 FILM **Picture Perfect Mysteries: Newlywed and Dead** Crime drama. (2019, PG, 90min) ★★
10.55 FILM **Lost Letter Mysteries: Reconcilable Differences** (2014) ★★
12.50 AM FILM **Fatal Memories** (2014) ★★
2.30 FILM **Framed By My Sister** (2021, 12) ★★
4.05 **to 5.00** AM **Sue Thomas: F.B.Eye**

+1 hour 322

Great! Romance

319 317 424 52 47

8.15 AM FILM **When Love Came to Town** Comedy. (2014, PG, 90min) ★★
10.15 FILM **A Whirlwind Wedding** (2020) ★★
12.15 PM FILM **One Perfect Match** Comedy. (2023, PG, 87min) ★★
2.10 FILM **One Summer** Drama. (2021, PG) ★★
4.05 FILM **Sweet Pecan Summer** Drama. (2021, PG, 84min) ★★
6.00 FILM **Meet Me in New York** Romantic drama. (2022, PG, 90min) ★★
8.00 FILM PREMIERE **Falling for the Competition** Romantic drama. (2023, U, 89min) ★★
10.00 FILM **Wedding Season** Comedy. (2023, U) ★★
11.55 FILM **Love, of Course** Comedy. (2018, PG) ★★
1.50 AM **Highway to Heaven**
2.45 FILM **One Summer**
4.10 **to 5.00** AM **Highway to Heaven**

+1 hour 320

Rewind TV

182 81 141

6.00 AM **Highlights**
8.30 **Tony Hancock Show**
9.00 **Bubblegum & Cheese**
10.00 **The Brian Conley Show**
10.30 **Shine on Harvey Moon**
11.30 **The Fenn Street Gang**
12.00 NOON **The Lovers** (S1)
12.30 PM **The Dustbinmen**
1.00 **Lady Killers**
2.00 **Boon** 12/13. (S2)
3.00 **Shine on Harvey Moon**
4.00 **Tracing the Rails**
4.30 **Old Country**
5.00 **Bubblegum & Cheese**
6.00 **The Brian Conley Show**
6.30 **The Fenn Street Gang**
7.00 **The Lovers** 6/6. (S1)
7.30 **The Dustbinmen** (S3)
8.00 **Boon** 12/13. (S2)
9.00 **Lady Killers**
10.00 **The Kenny Everett New Naughty Video**
11.35 **Stereo Underground**
12.35 AM **70s vs 80s Rewind**
1.35 **Tony Hancock Show**
2.05 FILM **Horror Hospital** Horror. (1973, 18) ★
3.50 **to 6.00** AM **Highlights**

DMAX

158 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Guardians of the Glades**
10.00 **Deadliest Catch**
12.00 NOON **Curse of the Frozen Gold**
1.00 PM **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** Severe weather causes problems for the crew.
8.00 **Deadliest Catch: Inside the Catch** A look at the feuds and short fuses that make up the best *Deadliest Catch* conflicts.
9.00 **Expedition X** The team look into one of America's oldest witch stories.
10.00 **Expedition Bigfoot**
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 258 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Tom Kerridge Secrets of the Pub Kitchen** Double bill.
7.00 **Hairy Bikers Go Local**
8.00 **The Pioneer Woman**
9.00 **Jamie's 15 Minute Meals**
10.00 **Barefoot Contessa – Back to Basics**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Great British Adventure**
3.00 **Hairy Bikers Go Local**
4.00 **The Pioneer Woman**
5.00 **Jamie's 15 Minute Meals**
6.00 **Barefoot Contessa – Back to Basics**
7.00 **Great British Bake Off** The bakers demonstrate their patisserie skills. **8.00** The finalists battle it out for the 2014 title.
9.00 **James Martin's American Adventure**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 21/27. (S4)
9.00 **The A-Team** 24/25. (S3)
10.00 **Charlie's Angels** (S5)
11.00 FILM **7 Guardians of the Tomb** Adventure. (2018, 12, 90min) ★★
1.00 PM FILM **The Vengeance of She** Fantasy adventure. (1967, PG, 101min) ★
3.00 FILM **Shark** Thriller. (1969, 15, 88min) ★★
5.00 **Star Trek** 4/26. (S2)
6.00 **Charlie's Angels** (S5)
7.00 **The A-Team** 25/25. (S3)
8.00 **Walker, Texas Ranger**
9.00 FILM **The Last Son** Western. (2021, 15, 96min) ★★
11.00 FILM **Soldier Blue** Western. (1970, 18, 109min) ★★★★
1.15 AM FILM **Bloodline** Psychological thriller. (2018, 18, 97min) ★★
3.10 **to 5.00** AM FILM **Johnny Handsome** Thriller. (1989, 15) ★★★

Legend Xtra

317 316 171 69 138 51

9.00 AM FILM **Airplane vs Volcano** Disaster movie. (2014, 15, 91min) ★
11.00 **The Lost World** (S1)
12.00 NOON FILM **Earthstorm** Drama. (2006, PG) ★★
2.00 PM FILM **The Plague of the Zombies** Horror. (1966, 15, 91min) ★★★
4.00 **Walker, Texas Ranger**
5.00 FILM **Last of the Mohicans** Adventure. (1977, U, 97min) ★★
7.00 **The Lost World** (S1)
8.00 **The Fall Guy** 17/23. (S1)
9.00 FILM **Cold in July** Crime thriller. (2014, 15, 108min) ★★★★
11.10 FILM **POW: The Escape** Thriller. (1986, 15) ★★
1.00 AM FILM **A Reason to Live, A Reason to Die** Spaghetti Western. (1972, PG, 92min) ★★★
3.00 FILM **Last of the Mohicans** As 5.00pm.
5.00 **to 6.00** AM **The Lost World**

+1 hour 318 371 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.35 **Storage Hunters**
8.30 **Storage Wars: Texas**
9.20 **Hardcore Pawn**
10.15 **Auction Hunters**
11.10 **Deep Water Salvage**
12.10 PM **Salvage Kings**
1.05 **Pawn Stars**
2.05 **Storage Wars: Texas**
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
5.00 **Alien Files Reopened**
6.00 **Pawn Stars**
7.00 **Storage Wars: Texas**
8.00 **Dickinson's Real Deal**
9.00 NEW SERIES **UFO POV**
10.00 **Alien Disclosure Files**
11.00 **Alien Corridors**
12.00 M'T **Curse of Skinwalker Ranch**
1.00 AM **Close Encounters**
2.00 **Ancient Aliens**
3.00 **Deep Water Salvage**
3.45 **Salvage Kings**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
10.00 **Dogs Behaving (Very) Badly** Documentary.
11.00 **Ben Fogle: New Lives in the Wild** Isle of Wight.
12.00 NOON **Buried Secrets of WWII** Documentary.
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
4.35 **The Yorkshire Vet**
5.00 **Pearl Harbor: Drain the Oceans**
6.00 **London's Greatest Bridges with Rob Bell**
7.00 **Buried Secrets of WWII**
8.00 **Ben Fogle: New Lives in the Wild** From Utah.
9.00 **Harry & Meghan: The Wedding That Split Two Families**
10.30 **Lip-Reading the Royals: The Secret Conversations**
12.00 M'T **Wentworth Prison**
1.00 AM **VC Andrews' Heaven**
2.45 **Paul Martin's Antiques Showdown**
3.40 **to 4.00** AM **Britain's Greatest Bridges**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase** Quiz.
9.00 **Tenable** Double bill.
11.00 **The Chase Celebrity Special** With Aldo Zilli, Lucy Pargeter, Joey Essex and Mark Billingham.
12.00 NOON **The Chase**
2.00 PM **Bridge of Lies**
3.00 **Who Wants to Be a Millionaire?** Quiz show.
4.00 **The Chase** Quiz show.
5.00 **The Bidding Room**
6.00 **Tenable** Five panto performers take part. **7.00** A group of family and friends take part.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Tenable** Members of a baseball team compete.
11.00 **The Chase Celebrity Special** With Ore Oduba, Perry Fenwick, Richard Madeley and Jenny Eclair.
12.00 M'T **Classic Who Wants to Be a Millionaire?**
1.00 AM **The Chase** Quiz.
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Mike & Molly**
8.30 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Mike & Molly**
3.30 **Young Sheldon**
5.00 **The Big Bang Theory** Eight episodes of the comedy, including at: **8.00** 4/24. Howard returns from space. **8.30** 5/24. Guest stars Buzz Aldrin. (S6)
9.00 **90 Day Fiancé UK** New editions Andy faces a fierce adversary when he finally meets his girlfriend Arrah, and despite a warm welcome in Gambia, Zena thinks everyone is lying to her. **10.00** Sarah tries to dance around her secret fiancé's jealous streak.
11.00 **The Bad Skin Clinic**
12.00 M'T **Dr Pimple Popper**
2.00 AM **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Michael McIntyre's Big Show** With Anne Marie and Ricky Wilson.
9.00 **Impractical Jokers**
10.00 **Spin City** 9&10/22. (S6)
11.00 **Everybody Loves Raymond** (S7)
1.00 PM **Friends** (S5)
9.00 FILM **Runaway Bride** Romantic comedy starring Julia Roberts and Richard Gere. (1999, PG, 116min) ★★★
11.20 **Jimmy Carr's Am I the A**hole?**
12.20 AM **Whose Line Is It Anyway? USA**
1.20 **South Park** 1–3/15. (S7)
2.50 **MTV Cribs: Comedians Specials** With Big Zuu.
3.05 **The Pep Talk**
3.10 **Paul F Tompkins: Labouring Under Delusions** Stand-up.
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S6)
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Whose Line Is It Anyway? USA**
11.00 **Friends** (S6&7)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.30 **Takeshi's Castle**
4.00 **Most Ridiculous**
5.00 **Whose Line Is It Anyway? USA**
6.00 **Spin City** 7&8/26. (S4)
7.00 **Everybody Loves Raymond** (S7)
9.00 **Bradley & Barney Walsh: Breaking Dad**
10.00 **Friends** (S4&5)
1.00 AM **The Ricky Gervais Show** Double bill.
2.00 **Whose Line Is It Anyway? USA**
3.00 **Reno 911!** 1&2/13. (S3)
3.45 **Important Things**
4.30 **Spin City** 7&8/26. (S4)
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 164 42

8.00 AM **Highlights**
10.35 **Bread** 5/10. (S8)
11.10 **Steptoe and Son** (S7)
11.50 **Oh, Doctor Beeching!**
12.25 PM **Rising Damp** (S3)
12.55 **Man About the House**
1.25 **Goodnight Sweetheart**
2.00 **When the Boat Comes In** 6/13. (S2)
3.05 **Minder** 8/13. (S2)
4.10 **Citizen Smith** (S3)
4.50 **Man About the House**
5.15 **Some Mothers Do 'Ave 'Em** 6/6. (S3)
6.00 **That's 60s**
6.15 **Steptoe and Son** (S3)
6.50 **Minder** 6/13. (S3)
7.55 **Rising Damp** (S3)
8.25 **Whatever Happened to the Likely Lads?** (S1)
9.00 **Benidorm** 2/9. (S10)
9.55 **Shameless** 4/7. (S1)
10.55 **Man About the House**
11.25 **Rising Damp** (S4)
11.55 **Benidorm** 2/9. (S10)
12.55 AM **Shameless** (S1)
1.55 **Kenny Everett Show**
2.20 **to 6.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **Help! I'm in a Secret Relationship!**
8.00 **Catfish: The TV Show**
2.00 PM **Catfish: Worst Offenders** Reality series.
3.00 **Catfish: The TV Show**
4.00 **Dallas Cowboys Cheerleaders**
6.00 **Catfish UK**
7.00 **Teen Mom UK: Next Generation**
8.00 **Spray Tan Mums: Single and Proud**
9.00 **Dating Naked**
10.00 **Celebrity Ex on the Beach** Reality series.
11.00 **Caught in the Act: Unfaithful** A man with a history of betrayal.
12.00 M'T **Geordie Shore: The Reunion Series**
1.00 AM **Geordie Shore**
2.00 **Teen Mom: The Next Chapter** Reality series.
2.45 **Ridiculousness** New editions Double bill.
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Documentaries

29 January **Thursday**

Discovery

125/126 138 177 320 325

6.00 AM **How Do They Do It?**
7.00 **Junkyard Empire**
9.00 **Gold Rush: White Water**
11.00 **Diesel Brothers**
1.00 PM **Deadliest Catch**
3.00 **How Do They Do It?** Mining fertiliser from below the sea. **3.30** Making basmati rice. **4.00** Carriages for London's new underground railway. **4.30** Remote-controlled underwater robots.
5.00 **Alaska: Homestead Rescue** In Wyoming's Black Hills, Marty is back to help the Black family.

10.00 **In the Eye of the Storm**

7.00 **Chasing Classic Cars** Wayne finds a rare and neglected Griffith 200 that's been hiding in plain sight for over 20 years.
8.00 **Chasing Classic Cars** Wayne works hard to restore his ultra-rare 1954 Bristol Coupe and 1955 Arnolt Bristol Roadster.
9.00 **Marooned with Ed Stafford** Ed is trapped on a beach off the coast of Panama, unless he braves shark infested waters.
10.00 **In the Eye of the Storm** New edition How a spark in the Santa Monica mountains ignited a series of devastating infernos.
11.00 **Expedition Unknown** Josh dives into the Navy's heroic Pearl Harbor counterattack.
12.00 M'T **Deadliest Catch**
1.00 AM **Marooned with Ed Stafford** As 9.00pm.
2.00 **In the Eye of the Storm**
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Bad Dog!** A skateboarding cat.
10.00 **Tanked** An aquarium.
11.00 **Animal Cops Phoenix**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **The Zoo: San Diego** The staff help an unwell tortoise. **4.00** The keepers prepare a black rhino for her new life.
5.00 **Lone Star Law** Two game Wardens rescue an alligator.
6.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff performs surgery on a dog with laboured breathing.

9.00 **Alaska: The Last Frontier**

7.00 **Treehouse Masters** Pete Nelson builds a treehouse for the children of injured Marines, using cargo netting to enter.
8.00 **Richard E Grant's Seven Deadly Sins** Richard explores the origins of gluttony, investigating if it exists in the natural world.
9.00 **Alaska: The Last Frontier** The fall cattle round up takes an electrifying turn when a horse gets tangled in electric wire.
10.00 **Alaskan Bush People** The *Integrity* begins to show its age, stranding the Browns in the middle of the water.
11.00 **In Search of Monsters** Theories related to Bigfoot.
12.00 M'T **Crikey! It's the Irwins** Moving day arrives for Acco, the zoo's biggest crocodile.
1.00 AM **Preposterous Pets**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Phoenix**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Inside Incredible Machines** A power station.
9.00 **Air Crash Investigation**
10.00 **Seconds from Disaster**
11.00 **WW2: Hell Under the Sea**
12.00 NOON **World War II: Secrets from Above**
1.00 PM **Air Crash Investigation**
3.00 **Liberation: D-Day to Berlin**
4.00 **Raiders of the Civil War: Drain the Oceans**
5.00 **Ice Road Rescue**
6.00 **Nazi Megastructures** The German air force during World War Two.

8.00 **Toronto Airport Uncovered**

7.00 **Air Crash Investigation** The conspiracy theories surrounding a crashed flight from Taiwan to Johannesburg in 1987.
8.00 **Toronto Airport Uncovered** New edition Mechanics, firefighters and a trainee bird-scaring dog are put to the test
9.00 **Dark Secrets of the Lusitania** Scientists explore four potential theories surrounding the ship's sinking in 1915.
10.00 **Top Guns: The Next Generation** The students must avoid being shot down by their battle-hardened instructors.
11.00 **Air Crash Investigation**
12.00 M'T **Alaska: The Next Generation** New edition
1.00 AM **To Catch a Smuggler**
2.00 **Trafficked** Documentary.
2.30 **Made in a Day**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Storage Wars**
7.50 **Pawn Stars Do America**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **Mysteries from Above**
1.00 PM **Ice Road Truckers**
2.00 **Mountain Men**
3.00 **Storage Hunters** Six editions of the series, including at: **5.00** Brandon and Lori buy storage units at an auction. **5.30** The bidding at an auction soon escalates.
6.00 **American Pickers** Mike visits a time-capsule drugstore.

10.00 **Mountain Men**

7.00 **Forged in Fire Armed Forces Tournament** As the finals creep closer, the Marines forge combat knife, the KA-BAR.
8.00 **A Ship Through Time: Secrets of the Newport Ship** 2/2. A 15th-century shipwreck found off Newport, south Wales.
9.00 **Ice Road Truckers** New edition Lisa, Scooter and company driver Muskie Todd have to survive a looming disaster.
10.00 **Mountain Men** New edition Lauro trains for the upcoming Iditarod with a 260-mile run through the wilderness.
11.00 **The UnXplained with William Shatner** A look at UFO hotspots around Earth.
12.00 M'T **The UnXplained with William Shatner**
12.55 AM **American Pickers**
1.50 **Ice Road Truckers**
2.50 **Pawn Stars Do America**
3.40 **Pawn Stars** Documentary.
4.25 **to 6.00** AM **Secrets in the Dark**

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **The 2010s**
7.00 **Discovering: Michael Douglas**
8.00 **The Directors**
9.00 **Anatomy of Lies**
10.00 **Urban Secrets**
11.00 **Dart Kings**
2.00 PM **Fashion Reimagined** Documentary following fashion designer and environmental activist Amy Powney.
4.00 **Discovering: Michael Douglas**
5.00 **The Directors**
6.00 **Anatomy of Lies** Elisabeth R Finch's life story begins to show inconsistencies.

10.00 **Come Inside My Mind**

7.00 **Boyzone: No Matter What** Documentary about the boy band, featuring rare interviews with the members.
8.00 **Boyzone: No Matter What** The documentary charts the band's growing success with their first number one single.
9.00 **Boyzone: No Matter What** Charting how the band's split came to an end when Mikey proposed a reunion.
10.00 **Robin Williams: Come Inside My Mind** An intimate portrait of the comedian and actor, featuring unseen footage.
12.20 AM **Love Means Zero** Documentary about famed tennis coach Nick Bollettieri.
2.10 **The United Way** The story of Manchester United Football Club, co-written and narrated by former player Eric Cantona.
4.00 **The Directors**
5.00 **to 6.00** AM **Discovering: Michael Douglas**

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **The Repair Shop**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Opal Hunters**
12.00 NOON **Opal Hunters: Red Dirt Road Trip**
1.00 PM **The Repair Shop**
2.00 **Shed and Buried: Classic Cars**
3.00 **Find It, Fix It, Flog It**
4.00 **The Yorkshire Auction House** Double bill.
6.00 **Antiques Road Trip**
8.00 **Shed and Buried**
9.00 **Outback Opal Hunters** New edition The Bushmen move to a promising new claim.
10.00 **Treasure Hunters Down Under** New edition
11.00 **Australian Open Tennis**
12.00 M'T **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Shed and Buried: Classic Cars**
4.00 **to 5.00** AM **How It's Made**

+1 hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

6.00 AM **Animal Cops Houston** Documentary.
7.00 **Helicopter ER**
9.00 **Cops UK: Bodycam Squad** Double bill.
11.00 **The Detectives: My Killer Case**
12.00 NOON **Diabolical: Deadly Love**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **A Killer's Mistake**
4.00 **American Monster**
6.00 **Disappeared**
7.00 **Judge Rinder's Crime Stories** Pearl Black.
8.00 **Murder on CCTV**
9.00 **Evil Lives Here** New edition The case of Craig Lester Thrift.
10.00 **Your Worst Nightmare**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Eric Nance.
3.00 **to 4.00** AM **FBI Files**

+1 hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Secrets of a Murder Detective** DI Steve Keogh looks into the case of the 2016 murder of Michael Keen.
8.00 **48 Hours** New edition An investigation into the murder of teacher Mary Catherine Edwards.
9.00 **Body in the Water** A woman's body is found 230 miles from home, dumped from a bridge into swamp.
10.00 **When Death Comes Knocking** New edition When Jamie Faith is murdered, discover his wife manipulated a former boyfriend to kill.
11.00 **Bloodline Detectives**
1.00 AM **48 Hours**
2.00 **Body in the Water**
3.00 **When Death Comes Knocking** As 10.00pm.
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Bloodline Detectives**
11.00 **48 Hours** Documentary.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **Bloodline Detectives** The murder of Darlene Krashoc. **3.00** The body of a toddler is found along the Escatawpa River.
4.00 **48 Hours** True-crime.
5.00 **Medical Detectives** A building manager finds the body of a woman in her apartment. **5.30** A murder victim's final moments are caught on tape. **6.00** A fatally wounded woman manages to get to a phone and call 911. **6.30** Deeply religious Gail Fulton is shot in the suburbs of Michigan.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Motorway Patrol**
7.00 **The Force: Manchester**
8.00 **Stop, Search, Seize**
9.00 **Brit Cops** Documentary.
10.00 **Police 24/7**
11.00 **World's Most Evil Killers**
12.00 NOON **Catching the...**
1.00 PM **Killer in My Village**
2.00 **Murders That Shocked the Nation**
3.00 **How I Caught the Killer**
4.00 **Britain's Most Evil Killers**
5.00 **Catching the Killer**
6.00 **Killer in My Village**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **How I Caught the Killer**
10.00 **Killer in My Village**
11.00 **Police 24/7**
12.00 M'T **Catching the Killer**
1.00 AM **World's Most Evil Killers** Chester Turner.
2.00 **Murdered at First Sight**
3.00 **Love You to Death**
4.00 **Brit Cops** Documentary.
5.00 **to 6.00** AM **Border Security USA**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours of the Scottish Islands**
8.35 **Lost World of Angkor Wat** Documentary.
9.40 **Battle on the Frontline**
10.50 **Plunderer: The Life...**
11.55 **10 Mistakes That Sank the Titanic**
1.00 PM **Grand Tours of the Scottish Islands**
1.40 **Lost World of Angkor...**
2.45 **Battle on the Frontline**
3.55 **Plunderer: The Life...**
5.05 **10 Mistakes That...**
6.15 **Lost World of Angkor Wat** Documentary.
7.20 **Battle on the Frontline**
8.30 **Plunderer: The Life and Times of a Nazi Art Thief** Investigating art dealer Bruno Lohse's life in post-war America.
9.40 **Once Upon a Time in Northern Ireland**
10.55 **Battle on the Frontline**
12.00 M'T **Once Upon a Time in Northern Ireland**
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

THURSDAY

Thursday

Sky Nature

145 113/114 189 354 369

6.00 AM **Gladiators**
7.00 **Monkey Life**
8.00 **Africa's Hunters**
9.00 **Hope for Wildlife**
10.00 **Deadly Australians**
11.00 **Shark Squad**
12.00 NOON **Nomads of the...**
1.00 PM **Monkey Life**
2.00 **Africa's Hunters**
3.00 **Hope for Wildlife**
4.00 **Deadly Australians**
5.00 **Wild Fighters**
6.00 **Nomads of the Serengeti**
7.00 **Monkey Life** Double bill.
8.00 **Into the Wild: Colombia** A cotton-top tamarin leaves her birth family in search of a mate.
9.00 **The Ocean's Greatest Feast** The sardine run along the east coast of South Africa.
10.00 **Nomads of the Serengeti**
11.00 **Wild Fighters**
12.00 M'T **Shark Squad**
1.00 AM **Gladiators**
2.00 **Into the Wild: Colombia**
3.00 **The Ocean's Greatest Feast**
4.00 **Africa's Hunters**
5.00 **to 6.00** AM **Hope for Wildlife**

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Court Cam**
11.00 **Accident, Suicide or Murder?**
12.00 NOON **Green Eyed Killers**
1.00 PM **#Textmewhenyougethome**
2.00 **Secrets of Polygamy**
3.00 **Murdertown**
4.00 **Killer Britain with Dermot Murnaghan** Zatoon Bibi.
5.00 **Laura Whitmore on Britain's Killer Teens** Brian Blackwell.
6.00 **The First 48**
7.00 **Cold Case Files**
8.00 **#Textmewhenyougethome**
9.00 **The First 48**
10.00 **Homicide Squad: New Orleans** New edition
11.00 **Homicide Hunter**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Real Murders of Atlanta**
2.00 **Homicide Squad: New Orleans**
3.00 **Laura Whitmore on Britain's Killer Teens** Brian Blackwell.
4.00 **Murdertown**
5.00 **to 6.00** AM **Laura Whitmore on Britain's Killer Teens**

+1 hour 256 333

U&Eden

166 134/162 176 57 160 142

9.00 AM **Inside the Ambulance**
1.00 PM **Inside the Ambulance**
7.00 **Inside the Ambulance** Gaz offers some much-needed support to a mother whose toddler is suffering convulsions. **8.00** A young man has a seizure, and a police officer is involved in a car accident. **9.00** A woman who might be having a stroke receives help from the paramedics. **10.00** Paramedics respond when a taxi driver is injured in a head-on collision with a car that was being pursued by police. **11.00** A taxi flips over on the motorway with two passengers trapped inside, and paramedics come to the aid of a 74-year-old man with a long list of serious health problems. **12.00** M'T An eight-year-old boy raises the alarm after his mother collapses.
1.00 AM **Inside the Ambulance**
5.25 **to 6.00** AM **The Lakes with Paul Rose**

+1 hour 266 376

Sky History 2

163/168 143 186

6.00 AM **Mystery Places**
7.00 **Swamp Mysteries with Troy Landry** As 5.00pm.
8.00 **What on Earth?**
9.00 **Battle 360**
10.00 **Combat Ships**
11.00 **Ancient Aliens**
1.00 PM **Craig Charles: UFO Conspiracies**
2.00 **Britain's Most Historic Towns**
3.00 **Digging Up Britain's Past**
4.00 **Mystery Places**
5.00 **Swamp Mysteries with Troy Landry** Troy investigates a threat to the alligator population.
6.00 **What on Earth?**
7.00 **Battle 360** A reconstruction of the Battle of Santa Cruz.
8.00 **Combat Ships**
9.00 **How to Lose a War**
10.00 **Instruments of Death**
11.00 **Ancient Aliens**
1.00 AM **Craig Charles: UFO Conspiracies**
2.00 **Britain's Most Historic Towns**
3.00 **Digging Up Britain's Past**
4.00 **Full Custom Garage**
5.00 **to 6.00** AM **Empire Builders**

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Europe's Wild Marvels**
10.00 **Africa's Hunters**
11.00 **Close Encounters of the Wild Kind** Footage of animals attacking safari patrons.
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **India's Wild Leopards**
3.00 **Shark Men**
4.00 **Snakes in the City**
5.00 **Ultimate Airport Dubai**
6.00 **Yukon Vet**
7.00 **Secrets of the Zoo: Keeper Tales** Double bill.
8.00 **Wild Hunters** How weasels and raccoons rely on opportunism, inventiveness and versatility.
9.00 **Amazonia** Jaguars and tarantula begin their hunt as seasonal floods recede.
10.00 **Life Below Zero: First Alaskans**
11.00 **Ice Road Rescue**
12.00 M'T **Exotic Animal ER**
1.00 AM **Monster Fish**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Monster Fish**

ID

154 140 166

8.00 AM **Killer Unknown**
9.00 **The Murder Tapes**
11.00 **Disappeared**
12.00 NOON **Murder in the Heartland**
1.00 PM **The Murder Tapes**
3.00 **Disappeared**
4.00 **Murder in the Heartland**
5.00 **Still a Mystery**
7.00 **American Monster** The 2012 death of Toni Henthorn in an apparent hiking accident in the Rocky Mountain National Park. **8.00** A look at the crimes of Cynthia Phillips, who was turned in by a hitman hired to kill her husband with a view to collecting his life insurance.
9.00 **American Detective with Lt Joe Kenda** The murder of a respected young entrepreneur.
10.00 **The Real Murders on Elm Street** Investigators respond to a bloody quadruple homicide.
11.00 **How (Not) to Get Rid of a Body**
12.00 M'T **Murder Comes to Town**
2.00 AM **Still a Mystery**
4.00 **to 6.00** AM **American Monster**

+1 hour 254 366

Discovery Science

167 148 179

8.00 AM **NASA's Unexplained Files**
11.00 **You Have Been Warned**
1.00 PM **Richard Hammond's Big**
3.00 **Through the Wormhole with Morgan Freeman**
4.00 **How the Universe Works**
6.00 **How Do They Do It?**
9.00 **How It's Made** An insight into how steel pulleys are made. **9.30** The manufacture of wood slat baskets and bells. **10.00** The development of DeLoreans and bison fibre. **10.30** A look at how air hockey tables are made.
11.00 **How It's Made: Dream Cars** The crew head to the birthplace of the KTM X-Bow. **11.30** The Tesla Model S. **12.00** M'T The birthplace of the Superformance MKIII. **12.30** AM The inner workings of the Koenigsegg One:1.
1.00 **Through the Wormhole with Morgan Freeman**
2.00 **How the Universe Works**
4.00 **to 6.00** AM **Blowing Up History**

+1 hr 267 379

Discovery History

174 147 181

7.00 AM **Expedition Unknown**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **How the Universe Works** Investigating dark matter.
1.00 PM **NASA's Unexplained Files**
2.00 **Aliens in Alaska**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Expedition Unknown**
9.00 **Unexplained and Unexplored** Explorers Justin Fornal and Emiliano Ruprah search for the Ark of the Covenant.
10.00 **How Do They Do It?**
11.00 **World's Greatest Motorcycle Rides** With only a few weeks to spare, Henry is passed fit by his doctor to run at Bonneville.
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **NASA's Unexplained Files**
4.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

Discovery Turbo

161/172 146 180

7.00 AM **Junkyard Empire**
8.00 **Motor Pickers**
9.00 **Sewer Divers**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Richard Hammond's Workshop** As 1.00am.
1.00 PM **Shed and Buried: Classic Cars** Vintage military vehicles.
2.00 **Salvage Hunters: Classic Cars**
3.00 **Sewer Divers**
4.00 **Roadworthy Rescues**
5.00 **Motor Pickers**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Roadworthy Rescues** Dave Chappelle helps Derek to revitalise a 1972 Jeep J2000.
9.00 **Mud Madness**
10.00 **Sewer Divers**
11.00 **Salvage Hunters: Classic Cars**
12.00 M'T **Roadworthy Rescues**
1.00 AM **Richard Hammond's Workshop** Richard has his eye on a classic Bentley.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **The Ballad of Wallis Island** Offbeat comedy. (2025, 12, 100min) ★★★★
7.50 **Smurfs** As 5.30pm.
9.35 **Borderline** Comedy thriller. (2025, 15, 94min) ★★★
11.25 **Xeno** As shown at 7.10pm.
1.25 PM **Nuremberg** Thriller. (2025, 15, 148min) ★★★★★
4.00 **Super Charlie** Family animation. (2025, PG, 82min)
5.30 **Smurfs** Fantasy comedy. (2025, PG, 89min) ★★

10.45 Safe House

7.10 **Xeno** Fantasy adventure starring Lulu Wilson and Omari Hardwick. (2025, 15, 103min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **The Toxic Avenger** Horror comedy starring Peter Dinklage. A horrible toxic accident transforms a downtrodden janitor into a new evolution of hero. With Kevin Bacon. (2023, 18, 102min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.45 **Safe House** Thriller with Holt McCallany. Six federal agents, forced into hiding after a devastating LA terror attack, turn on one another. (2025, 15, 90min)

12.20 AM **All the Devils Are Here** Thriller starring Eddie Marsan. (2025, 15, 87min) ★★★★
1.55 **Cookster: The Darkest Days** Drama. (2024, 15, 119min)
3.55 **Safe House** As 10.45pm.
5.30 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Drama

310 310 410 510 524

6.40 AM **Boy Meets Boy** As 2.45pm.
7.55 **Pawn Sacrifice** Fact-based drama. (2014, 12, 115min) ★★★★
9.55 **It Ends with Us** Drama. (2024, 15, 125min) ★★★
12.10 PM **Empire of the Sun** Steven Spielberg's epic drama. (1987, PG, 152min) ★★★★
2.45 **Boy Meets Boy** Romantic drama with Matthew Morrison. (2021, 15, 75min) ★★★

4.05 **The Boy in the Striped Pyjamas** Wartime drama. (2008, 12, 94min) ★★★★
5.50 **The Blind Side** Fact-based drama. (2009, 12, 129min) ★★★
8.00 **Erin Brockovich** Fact-based drama starring Julia Roberts. (2000, 15, 133min) ★★★★
10.15 **Anora** Romantic comedy drama starring Mikey Madison. A sex worker marries the son of an oligarch, but his family in Russia try to get the marriage annulled. (2024, 18, 139min) ★★★★★

12.35 AM **The Boy in the Striped Pyjamas** As shown at 4.05pm.
2.20 **Five Easy Pieces** Cult drama starring Jack Nicholson. (1970, 15, 98min) ★★★★★
4.10 **to 6.00** AM **Beach Rats** Drama starring Harris Dickinson. (2017, 15, 98min) ★★★

Sky Cinema Brit Hits

303 303 403 503 517

6.00 AM **Burning an Illusion** (1981)
8.00 **The Brits Are Coming** (2018)
9.50 **Lee** Biopic with Kate Winslet. (2023, 15, 117min) ★★★
11.50 **Children of Men** Sci-fi thriller. (2006, 15, 109min) ★★★★★
1.50 PM **Darkest Hour** Period drama starring Gary Oldman. (2017, PG, 122min) ★★★
4.00 **Layer Cake** As 9.50pm.
6.00 **Promising Young Woman** Thriller with Carey Mulligan. (2020, 15, 113min) ★★★★

9.50 Layer Cake

8.00 **Snatch** Guy Ritchie's crime comedy drama starring Jason Statham, Benicio Del Toro and Brad Pitt. A group of British crooks plan to steal a diamond from an American mobster. (2000, 18, 102min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Layer Cake** Gangster thriller starring Daniel Craig, Michael Gambon and Sienna Miller. A slick London drug dealer finds himself in trouble when a drug deal goes sour. With Kenneth Cranham. (2004, 15, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **The Brits Are Coming** Crime caper with Uma Thurman and Tim Roth. (2018, 15, 90min) ★
1.25 AM **Burning an Illusion** Drama with Cassie McFarlane and Victor Romero Evans. (1981, 15, 103min) ★★★
3.20 **Sky Cinema Preview**
4.05 **to 6.00** AM **Snatch** (2000)

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.35 AM **Friendship's Death** Sci-fi drama. (1987, 15, 78min) ★★★
8.00 **The Crazies** Horror remake. (2010, 15, 101min) ★★★★
9.50 **The Ritual** As 3.25am.
11.35 **Companion** As 8.00pm.
1.25 PM **After Earth** Sci-fi adventure. (2013, 12, 98min) ★★
3.15 **Furiosa: A Mad Max Saga** Fantasy adventure prequel. (2023, 15, 148min) ★★★★

5.50 **Constantine** Supernatural thriller. (2005, 15, 121min) ★★★
8.00 **Companion** Sci-fi horror starring Jack Quaid and Sophie Thatcher. A weekend getaway takes a bloody turn when an AI android built for human companionship goes haywire. (2024, 15, 97min) ★★★★
9.45 **Pet Sematary** Supernatural thriller based on the bestseller by Stephen King, starring Dale Midkiff and Fred Gwynne. (1989, 18, 103min) ★★★

11.30 **A Quiet Place: Day One** Horror. (2024, 15, 100min) ★★★★
1.20 AM **Blade** Action adventure chiller. (1998, 18, 121min) ★★★
3.25 **The Ritual** Horror thriller. (2017, 15, 94min) ★★★
5.10 **to 6.00** AM **Sky Cinema Preview**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

7.25 AM **Monster Trucks** (2016)
9.15 **Journey to the Center of the Earth** (2008, PG) ★★
10.55 **Jack the Giant Slayer** Fantasy. (2013, 12, 114min) ★★★
12.55 PM **Bookworm** As 11.50pm.
2.45 **Cats & Dogs: The Revenge of Kitty Galore** Fantasy comedy sequel. (2010, U, 82min) ★★
4.10 **Monster Trucks** Fantasy. (2016, PG, 104min) ★★★
6.00 **The Smurfs** Family adventure. (2011, U, 103min) ★★

6.00 The Smurfs

7.55 The Smurfs 2 Family adventure sequel mixing live action and animation, starring Hank Azaria and Neil Patrick Harris. The Smurfs and their human friends dash around Paris to thwart an evil wizard. (2013, U, 104min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 Robin and the Hoods Family comedy starring Naomie Harris and Darcey Ewart. A property developer threatens the neighbourhood of 11-year-old Robin and her gang, the Hoods. (2024, PG, 101min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Bookworm** Family comedy. (2024, 12, 103min) ★★★★
1.45 AM **Paul Blart: Mall Cop** Crime comedy starring Kevin James. (2009, PG, 91min) ★
3.30 **Paul Blart: Mall Cop 2** Comedy sequel starring Kevin James. (2015, PG, 92min) ★★
5.20 **to 7.15** AM **The Smurfs** (2011)

Sky Cinema Action

307 307 407 507 521

6.05 AM **The Fall Guy** Action comedy. (2023, 12) ★★★★
8.15 **Transformers: Dark of the Moon** Sci-fi. (2011, 12) ★★★
10.50 **2012** As shown at 2.35am.
1.30 PM **Hero** Chinese adventure. (2002, 12, 99min) ★★★★
3.15 **Godzilla x Kong: The New Empire** Fantasy adventure. (2023, 12, 115min) ★★★
5.15 **Transformers: Age of Extinction** Sci-fi adventure. (2014, 12, 166min) ★★★

10.10 Last Action Hero

8.00 Terminator Salvation Sci-fi action thriller sequel starring Christian Bale, Sam Worthington and Anton Yelchin. In 2018, resistance hero John Connor leads the fight back against the killer robots. With Bryce Dallas Howard. (2009, 12, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 Last Action Hero Action fantasy starring Arnold Schwarzenegger and Austin O'Brien. A magic cinema ticket transports a young movie fan into the on-screen action. (1993, 15, 130min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 AM **Clash of the Titans** Fantasy adventure remake. (2010, 12, 106min) ★★
2.35 **2012** Epic disaster movie. (2009, 12, 158min) ★★★
5.15 **to 7.45** AM **The Lawnmower Man** Sci-fi horror thriller. (1992, 15, 105min) ★★★

Sky Cinema Comedy

308 308 408 508 522

7.15 AM **Wayne's World** Comedy. (1992, PG, 95min) ★★★★
9.00 **Wayne's World 2** Comedy sequel. (1993, PG) ★★★
10.40 **Kangaroo Jack** (2003, PG) ★
12.15 PM **It's Complicated** Comedy. (2009, 15, 115min) ★★★★
2.20 **Daddy's Home 2** Comedy sequel. (2017, 12, 100min) ★★★
4.10 **Two Weeks Notice** Comedy. (2002, 12, 101min) ★★★
6.00 **School of Rock** Comedy. (2003, PG, 109min) ★★★★

6.00 School of Rock

8.00 50 First Dates Romantic comedy starring Adam Sandler and Drew Barrymore. A Hawaii vet falls for a woman with short-term memory loss. With Rob Schneider. (2004, 12, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 The 40-Year-Old Virgin Comedy starring Steve Carell and Catherine Keener. The workers in an electrical shop set out to coach their inexperienced 40-year-old colleague in the art of seduction. (2005, 15, 116min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Superbad** Teen comedy. (2007, 15, 113min) ★★★★
1.40 AM **In & Out** Comedy. (1997, 12, 91min) ★★★
3.15 **The Witches of Eastwick** Offbeat comedy fantasy. (1987, 18, 118min) ★★★★
5.15 **to 7.10** AM **Alfie** Comedy drama starring Michael Caine. (1966, 15, 114min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

6.25 AM **Jericho Ridge** Thriller. (2023, 15, 87min) ★★★
8.00 **Unhinged** (2020, 15) ★★★
9.35 **The Bikeriders** Crime drama. (2023, 15, 116min) ★★★★
11.35 **The Perfect Storm** Drama. (2000, 12, 129min) ★★★★
1.45 PM **RocknRolla** Comedy thriller. (2008, 15, 110min) ★★
3.45 **Jason Bourne** Action thriller. (2016, 12, 123min) ★★★
5.50 **Collateral** Crime thriller. (2004, 15, 120min) ★★★★

8.00 The Equalizer

8.00 The Equalizer Action thriller starring Denzel Washington, Chloë Grace Moretz and Marton Csokas. An ex-secret agent fights to bring down a crime syndicate after coming to the aid of an abused prostitute. (2014, 15, 132min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 The Equalizer 2 Action thriller sequel starring Denzel Washington. When a CIA friend is murdered, vigilante Robert McCall sets out to avenge her death. (2018, 15, 121min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Shaft** Crime thriller starring Samuel L Jackson. (2000, 18, 99min) ★★★
2.15 **The Wasp** Thriller with Naomie Harris and Natalie Dormer. (2024, 15, 96min) ★★★★
4.05 **to 6.00** AM **Caddo Lake** Thriller starring Dylan O'Brien. (2024, 12, 99min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Ten Tall Men** Adventure. (1951, U, 97min) ★★★
12.55 PM **To Hell and Back** Drama. (1955, PG, 106min) ★★★
3.10 **Santa Fe** Western adventure. (1951, U, 87min) ★★
4.55 **Siege of the Saxons** Medieval action adventure. (1963, U, 85min) ★★★
6.40 **Steel Magnolias** Comedy drama starring Sally Field. (1989, PG, 115min) ★★★★

11.25 Bob Trevino Likes It

Steel Magnolias (film started at 6.40pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 A Man Called Otto Comedy drama starring Tom Hanks. A man gives up on life following the loss of his wife, but when a young family move in nearby, it turns his world around. With Mariana Treviño and Rachel Keller. (2022, 15, 126min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 Bob Trevino Likes It Comedy drama starring Barbie Ferreira and John Leguizamo. A lonely woman befriends a stranger online who shares the same name as her own father. (2024, 12, 102min) ★★★★
1.30 **to 3.55** AM **What Men Want** Romantic comedy starring Taraji P Henson and Aldis Hodge. (2019, 15, 117min) ★★

+1hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema Feel Good

302 302 402 502 516

6.15 AM **Pretty in Pink** As 11.50pm.
8.05 **Shirley Valentine** As 6.00pm.
10.05 **Ferris Bueller's Day Off** (1986)
12.00 NOON **The Breakfast Club**
1.50 PM **The Karate Kid** Adventure. (1984, 12, 127min) ★★★★
4.10 **Sixteen Candles** Teen comedy. (1984, 12, 89min) ★★★
6.00 **Shirley Valentine** Romantic comedy starring Pauline Collins. (1989, 15, 108min) ★★★★

8.00 **Back to the Future** Time-travel comedy fantasy starring Michael J Fox and Christopher Lloyd. A teenager is accidentally sent back in time to 1955 and must ensure that his future parents fall in love. With Lea Thompson. (1985, PG, 115min) ★★★★★
10.00 **Ferris Bueller's Day Off** Teen comedy starring Matthew Broderick as an irrepressible high-school student playing truant in Chicago. With Alan Ruck. (1986, 12, 103min) ★★★★

11.50 **Pretty in Pink** Comedy drama. (1986, 15, 99min) ★★★★
1.40 AM **The Breakfast Club** John Hughes' comedy drama. (1984, 15, 97min) ★★★★
3.30 **The Karate Kid** As 1.50pm.
5.40 **to 7.40** AM **Peter Pan** Adventure. (2003, PG) ★★★★

Sky Cinema Greats

304 304 404 504 518

6.50 AM **The Hunt for Red October** Cold War suspense thriller. (1990, PG, 135min) ★★★★
9.15 **The Bridges at Toko-Ri** War drama. (1954, U, 99min) ★★★
11.15 **Two Mules for Sister Sara** Comedy Western starring Clint Eastwood and Shirley MacLaine. (1969, 15, 114min) ★★★
1.15 PM **Legends of the Fall** Drama. (1994, 15, 133min) ★★★★

3.35 **Cool Hand Luke** Prison drama. (1967, 15, 126min) ★★★★★
5.50 **Escape to Victory** Wartime drama. (1981, PG, 111min) ★★
8.00 **The Bodyguard** Romantic thriller starring Kevin Costner and Whitney Houston. (1992, 15, 129min) ★★★
10.10 **Scarface** Brian De Palma's crime thriller about the rise and fall of a Cuban gangster in Miami's violent drugs underworld. Stars Al Pacino. (1983, 18, 163min) ★★★★★

1.00 AM **Pulp Fiction** Quentin Tarantino's comedy thriller. (1994, 18, 154min) ★★★★★
3.35 **Clear and Present Danger** Thriller. (1994, 12, 141min) ★★★
5.55 **to 7.55** AM **Do the Right Thing** Spike Lee's comedy drama. (1989, 15, 120min) ★★★★★

Sky Cinema Animation

305 305 412 500 514

7.00 AM **The Boss Baby** Animated comedy. (2017, U, 97min) ★★★
8.40 **Rango** As shown at 5.45pm.
10.40 **Open Season: Scared Silly** Animation. (2015, PG) ★★★
12.20 PM **The Pirates! In an Adventure with Scientists** Animated comedy adventure. (2012, U, 87min) ★★★★
2.05 **The Garfield Movie** Animation. (2023, U, 101min) ★★★

4.00 **Smurfs: The Lost Village** Animated family adventure. (2017, U, 87min) ★★★
5.45 **Rango** Animated Western spoof with the voice of Johnny Depp. (2011, PG, 103min) ★★★★
7.45 **Open Season** Animated comedy adventure featuring the voice of Martin Lawrence. (2006, PG, 86min) ★★★★
9.25 **Sneaks** Animated comedy. (2025, PG, 92min) ★★
11.10 **Buffalo Kids** Animation. (2024, U, 79min) ★★★

12.45 AM **Piece By Piece** Animation. (2024, PG, 105min) ★★★
2.30 **Riverdance: The Animated Adventure** Animation featuring the voice of Pierce Brosnan. (2021, U, 90min) ★★★
4.10 **Smurfs: The Lost Village**
5.50 **to 7.30** AM **Open Season**

Movies 24

312 313 419

7.00 AM **Savoring Paris** Romantic drama. (2024, PG, 90min) ★★
9.00 **Hearts Under the Olive Tree** Romantic comedy drama. (2023, PG, 89min) ★★
11.00 **The Date Whisperer** Romantic drama. (2023, PG, 87min) ★★
1.00 PM **Sparks Over Brooklyn** Drama. (2023, PG, 89min) ★★
3.00 **Love and Penguins** Romantic comedy. (2022, PG, 90min) ★★

5.00 **Return to Office** Romantic drama. (2025, PG, 84min) ★★
7.00 **Made for Each Other** Romantic fantasy starring Alexandra Turshen. (2023, PG, 84min) ★★
9.00 **What We Do For Love** Romantic comedy with Tamara Almeida and Jake Epstein. A new employee at a meditation and wellness centre finds herself at odds with the chief life coach. (2023, PG, 89min) ★★
11.00 **A Costa Rican Wedding** Comedy. (2024, PG, 84min) ★★

1.00 AM **Sense and Sensibility** Romantic drama with Deborah Ayorinde. (2024, U, 84min) ★★
3.00 **to 5.00** AM **The Boxer and the Butterfly** Romantic drama. (2023, PG, 90min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Black Saddle** 19/20. (S1)
6.30 **Stranger in Town** Crime drama. (1957, b/w, U, 74min) ★★★
8.00 **Sounds for Silents**
8.35 **Murder in Eden** Crime drama. (1961, b/w, U, 64min) ★★★
9.55 **No Resting Place** Crime drama. (1951, b/w, PG, 80min) ★★★
11.30 **Laxdale Hall** Comedy. (1953, b/w, U, 77min) ★★
1.05 PM **Look at Life**

1.20 **Port of Escape** Thriller. (1955, b/w, PG, 73min) ★★
2.55 **Cinebox Memories**
3.00 **Crown Court** Triple bill.
4.30 **Cover Girl Killer** Crime thriller. (1959, b/w, PG, 61min) ★★
5.50 **Dixon of Dock Green** (S20)
6.55 **The Brothers** 5/10. (S1)
8.00 **Mark Saber** 12/39. (S4)
8.30 **The Wheeltappers and Shunters Social Club**
9.20 **Strip Tease Murder** Crime drama starring John Hewer. (1961, b/w, 18, 66min) ★★★

10.40 **Black Memory** Crime drama. (1947, b/w, PG, 72min) ★★★
12.00 M'T **Crown Court** Triple bill.
1.30 AM **The Death of Adolf Hitler** One-off drama with Frank Finlay.
3.40 **Three Witnesses** Crime drama. (1935, b/w, PG, 68min) ★★★
5.00 **to 6.00** AM **Burke's Law**

THURSDAY Sport 29 January

Thursday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
8.30 **LIVE DP World Tour Golf** Coverage of the opening day of the Bahrain Championship at Royal Golf Club in Al Mazrowiah, where England's Laurie Canter was victorious last year.
1.30 PM **Lunchtime Live**
2.00 **LIVE WPL Royal Challengers Bengaluru v Up Warriorz.** Coverage of the women's T20 match at Baroda Cricket Association Stadium in Vadodara. Both teams are looking to improve this season after missing out on the play-offs in 2025.
5.30 **LIVE PGA Tour Golf** Coverage of the opening day of the Farmers Insurance Open at Torrey Pines Golf Course, San Diego. America's Harris English was the victorious player here last year, winning his first title on the tour since the 2021 Travelers Championship.
8.00 **LIVE PGA Tour Golf** Further coverage of the opening day of the Farmers Insurance Open held at Torrey Pines Golf Course.
12.00 M'T **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League 100 Club**
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
12.00 NOON **Transfer Talk**
1.00 PM **Premier League Years**
3.00 **PL Retro** Liverpool v Chelsea from the 2013/14 season.
5.00 **The Premier League Show**
7.00 **The Transfer Show**
8.00 **The Big Interview**
8.30 **Premier League Stories** A look at the evolution of the Premier League's transfer market.
9.00 **Transfer 360** Michael Carrick and Dimitar Berbatov's transfers. **9.30** Focusing on former Premier League star Gareth Barry.
10.00 **The Big Interview** An interview featuring a Premier League star of the past or present.
10.30 **Premier League Stories** A look at the evolution of the Premier League's transfer market.
11.00 **Premier League Years** A look back at the 2021/22 season.
1.00 AM **PL Retro** Chelsea v Wigan Athletic in the 2009/10 season.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **Championship Retro**
8.00 **Best Moments from the Championship Play-Off Final**
8.30 **Best Moments from the League 1 & 2 Play-Off Final**
9.00 **EFL Greatest Games**
10.00 **EFL Cup Retro** The 2015 final.
11.00 **There's Only One Sauzee**
11.30 **Dundee United: Champions 83**
12.00 NOON **EFL Highlights**
1.00 PM **WSL** Everton v Brighton.
1.30 **EFL Highlights** Championship.
3.30 **Bundesliga Highlights Show**
4.30 **WSL** London City v Man City.
5.00 **EFL Highlights**
6.30 **Bundesliga Weekly**
7.00 **EFL League One Goals**
7.30 **EFL League Two Goals**
8.00 **SPFL Round-Up**
8.15 **SPFL Highlights**
8.30 **EFL Highlights** Championship.
10.00 **Bundesliga Weekly**
10.30 **EFL League One Goals**
11.00 **EFL League Two Goals**
11.30 **EFL Greatest Games**
12.00 M'T **Henrik Larsson: 20 Years On** An interview.
1.00 AM **SPFL** Action from 2010/11.
1.30 **SPFL Greatest Games**
2.00 **SPFL Highlights**
2.15 **to 6.00** AM **SPFL Greatest Games**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **WPL** Mumbai Indians v Royal Challengers Bengaluru.
7.00 **Best of ICC WT20**
7.15 **LIVE ICC Under-19s World Cup Cricket** Coverage of a Super Six match at Queens Sports Club in Bulawayo, Zimbabwe, where the third-placed team in Group D face the Group A runners-up.
3.00 PM **Best of England v South Africa** Action from 2011.
3.15 **Best of ICC WT20**
4.00 **WPL** Tournament highlights.
7.00 **Big Bash League** The final.
8.00 **WPL** Royal Challengers Bengaluru v UP Warriorz. **9.00** Action from Mumbai Indians v Royal Challengers Bengaluru. **10.00** Highlights from Gujarat Giants v Delhi Capitals. **11.00** Mumbai Indians v Royal Challengers Bengaluru.
12.00 M'T **SA20** A chance to see the final, which saw the winners of Qualifier One and Qualifier Two face each other at Newlands.
3.20 AM **Best of Jimmy Anderson: 500th Wicket** From 2017.
3.30 **Best of England v South Africa**
3.45 **Best of ICC WT20**
4.00 **to 6.00** AM **WPL**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **PGA Tour: The Cut**
6.30 **PGA Tour Golf** Highlights.
7.30 **PGA Tour Champions**
8.30 **LIVE DP World Tour Golf** Coverage of the opening day of the Bahrain Championship at Royal Golf Club in Al Mazrowiah.
1.30 PM **You Can Play Golf**
2.00 **TGL** Boston Common v The Bay.
4.00 **Beyond the Scorecard**
4.30 **PGA Tour: The Cut**
5.00 **LIVE PGA Tour Golf** Early coverage of day one of the Farmers Insurance Open at Torrey Pines Golf Course in San Diego. America's Harris English was the victorious player here last year.
8.00 **LIVE PGA Tour Golf** Further coverage of the opening day of the Farmers Insurance Open.
12.00 M'T **You Can Play Golf**
12.30 AM **PGA Tour Golf**
4.30 **Best of the Open Zone 2016**
5.30 **to 6.00** AM **Nick Dougherty's Tee Time Tips**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **ATP/WTA Tour Classics**
8.00 **ATP Tennis** Rotterdam Open.
9.00 **WTA Tennis** Recent highlights.
11.00 **ATP Tennis** Brisbane Open final.
12.00 NOON **ATP/WTA Tour Classics**
2.00 PM **US Open Classic Matches**
4.00 **ATP Tour Classic Matches**
6.00 **WTA & ATP Tennis** Highlights from the Brisbane Open finals.
8.00 **ATP Tennis** The Rotterdam Open final held at Rotterdam Ahoy.
9.00 **WTA Tennis** Action from the Dubai Tennis Championships final.
10.00 **ATP/WTA Tour Classic Matches**
12.00 M'T **US Open Classic Matches**
2.00 AM **WTA & ATP Tennis**
4.00 **to 6.00** AM **ATP Tour Classics**

TNT Sports 1

410 413 521 408 430

6.00 AM **Australian Open**
7.30 **LIVE Australian Open** Coverage of the 12th day of the opening Grand Slam event of the season, featuring the women's semi-finals at Melbourne Park.
1.00 PM **PL Netbusters**
1.30 **TNT Sports Reload**
2.00 **LIVE German Masters Snooker** Coverage of the fourth day from Tempodrom in Berlin.
5.00 **Serie A – Full Impact**
5.30 **Premier League Stories**
6.00 **Premier League Netbusters**
6.30 **Premier League: Big Interview**
7.00 **LIVE UEFA Europa League FC Porto v Rangers.** Coverage of the league phase match staged at Estádio do Dragão. Kick-off **8.00pm**. *See feature, page 28.*
10.30 **Europa League Goals Show**
11.00 **Keep Calm and Slalom**
12.30 AM **Big Interview**
1.00 **LIVE Australian Open** Coverage of the 13th day, featuring the mixed doubles final.
3.00 **to 6.45** AM **LIVE Australian Open** Continued coverage of the 13th day, featuring the men's semi-finals at Melbourne Park.

TNT Sports 2

411 414 522 409 431

6.00 AM **UEFA Champions League**
9.00 **LIVE German Masters Snooker** Coverage of the fourth day at Tempodrom in Berlin.
12.00 NOON **UEFA Champions League** Recent action.
1.00 PM **Longines FEI Jumping World Cup** From Amsterdam.
2.00 **LIVE German Masters Snooker** Further coverage of the fourth day at Tempodrom, Berlin.
5.00 **Discovery Golf** The latest news.
5.30 **Australian Open**
7.00 **UEFA Europa League Goals Show Xtra** Recent action.
7.45 **LIVE UEFA Europa League Celtic v FC Utrecht.** All the action from the league phase match at Celtic Park. Kick-off **8.00pm**. *See feature, page 28.*
10.00 **UEFA Europa League Goals Show Xtra** Recent action.
11.00 **Men's Cycling Pro Series**
1.00 AM **LIVE Women's T20 Super Smash** Coverage from the latest match in New Zealand.
4.30 **The Gallagher PREM: The Wrap Up** Recent highlights.
4.45 **to 8.15** AM **LIVE T20 Super Smash** Coverage of the elimination final in New Zealand.

Sky Sports NFL

412 410 517 507 426 446

6.00 AM **NFL Highlights**
10.00 **NFL Bitesize Highlights**
11.00 **NFL Highlights**
12.00 NOON **NFL Bitesize Highlights**
1.00 PM **Good Morning Football**
3.00 **NFL Highlights** Pittsburgh Steelers v Houston Texans. **4.00** Action from New England Patriots v Houston Texans.
5.00 **NFL Bitesize Highlights**
6.00 **NBC's Pro-Football Talk** Mike Florio and Chris Simms present this NFL talk show.
8.00 **NFL Gameday** A review of all of the latest games from the season.
8.45 **NFL Bitesize Highlights** New England Patriots v Houston Texans.
9.00 **NFL Highlights** Carolina Panthers v Los Angeles Rams.
10.00 **NFL Bitesize Highlights** Brief highlights of New England Patriots v Los Angeles Chargers. **10.15** Action from Carolina Panthers v Los Angeles Rams. **10.30** Action from the AFC Championship game. **10.45** Highlights from the NFC Championship game.
11.00 **NFL Highlights** Tampa Bay Buccaneers v Atlanta Falcons.
12.00 M'T **The Insiders** NFL news.
1.00 **to 6.00** AM **NFL Highlights**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
12.00 NOON **Transfer Talk** Discussion of the latest transfer news.
1.00 PM **Lunchtime Live**
1.50 **LIVE WPL Royal Challengers Bengaluru v Up Warriorz.** Coverage of the women's T20 match staged at Baroda Cricket Association Stadium in Vadodara. Both these teams are looking to improve this season after missing out on the play-offs in 2025.
5.30 **The Premier League Show** A daily guide to the top flight.
7.00 **The Transfer Show** Analysis of the latest transfer news.
8.00 **Sports Centre** A round-up of the sports news with analysis and comments, plus interviews with all of the headline makers.
10.00 **Sky Sports News**
10.30 **Back Pages Tonight**
11.00 **Sky Sports News**
1.00 AM **WTA Tennis** Monterrey Open final at Club Sonoma in Mexico. **2.00** Guadalajara Open final.
3.00 **to 6.00** AM **WTA Tennis**

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
6.45 **Best of England v South Africa**
7.00 **PGA Tour Champions**
8.00 **Big Bash League**
9.00 **PGA Tour Golf** Highlights.
10.00 **NFL Highlights**
12.00 NOON **Big Bash League**
1.00 PM **SA20** Highlights of the final.
2.00 **WTA Tennis** The Brisbane Open.
3.00 **State of Origin Rugby League**
4.00 **Nick Dougherty's Tee Time Tips**
4.30 **LIVE LPGA Tour Golf** Coverage of an event from the tour.
7.30 **Best of ICC WT20**
8.00 **Spirit of Yachting**
8.30 **PL Greatest Games**
9.00 **PGA Tour Champions**
10.00 **ATP Tennis** Auckland Open final.
11.00 **Women's Super League**
12.00 M'T **PL Greatest Games**
1.00 AM **World Darts Championship**
3.00 **EFL Greatest Games**
4.00 **to 6.00** AM **PDC Classics**

TNT Sports 3

413 415 523 410 432

6.00 AM **One-Day International Cricket** Sri Lanka v England.
7.00 **Discovery Golf**
7.30 **LIVE Australian Open** Coverage of day 12 of the opening Grand Slam event of the season, featuring the women's semi-finals at Melbourne Park.
1.00 PM **UEFA Champions League**
5.00 **Longines FEI Jumping World Cup** Action from Amsterdam.
6.00 **One-Day International Cricket**
7.00 **Europa League Goals Show**
7.45 **LIVE UEFA Europa League Nottingham Forest v Ferencvaros.** Coverage of the league phase match held at the City Ground. Kick-off **8.00pm**.
10.00 **Europa League Goals Show**
11.00 **Premier League Netbusters**
11.30 **Australian Open** The 12th day.
1.00 **to 6.45** AM **LIVE Australian Open** Coverage of day 13 of the opening Grand Slam event of the season staged at Melbourne Park.

TNT Sports 4

414 416 524 411 434

6.00 AM **German Masters Snooker**
8.00 **Serie A – Full Impact**
8.30 **Alpine Skiing** In Schladming.
9.30 **Men's Cycling Pro Series**
11.30 **LIVE Men's Cycling Pro Series** The third stage of the Alula Tour.
1.30 PM **LIVE Men's Cycling Pro Series** Coverage of the Challenge Mallorca and Trofeo Ses Salines.
3.15 **WRC Review**
4.15 **International T20 Cricket**
5.15 **The Gallagher PREM: Wrap Up**
5.30 **European Football Highlights**
7.45 **LIVE UEFA Europa League Aston Villa v RB Salzburg.** The league phase match from Villa Park. Kick-off **8.00pm**.
10.00 **Europa League Goals Show**
11.00 **Fight Week** UFC 325 preview.
11.30 **Isuzu UTE A-League Highlights**
12.00 M'T **UEFA Europa League**
2.00 AM **German Masters Snooker**
4.00 **International T20 Cricket**
5.00 **to 6.00** AM **UEFA Europa League & Conference League**

Premier Sports 1

419 551

6.00 AM **Sporting Countdowns**
6.30 **LaLiga** Barcelona v Real Oviedo.
8.30 **Sporting Countdowns**
9.00 **NHL Ice Hockey**
11.00 **LaLiga** Girona v Getafe.
1.00 PM **URC in 60** Highlights.
2.00 **NHL Ice Hockey**
3.00 **Top 14 Rugby Union Highlights**
3.30 **LaLiga Match Highlights**
4.00 **Eredivisie Highlights**
5.00 **NHL Tonight** Defensemen.
5.55 **LIVE Swedish Hockey League Farjestad v Frolunda.** From Löfbergs Arena. Face-off **6.00pm**.
8.30 **NHL: This is Hockey**
9.00 **World of FreeSports**
9.30 **LaLiga** Girona v Getafe.
11.30 **URC in 60** Recent action.
12.30 AM **NHL Ice Hockey**
3.00 **to 6.00** AM **LIVE NHL Ice Hockey Vegas Golden Knights v Dallas Stars.** Coverage of the Western Conference match from T-Mobile Arena. Face-off **3.00am**.

Premier Sports 2

420 552

6.00 AM **Top 14 Rugby Union**
8.00 **NHL Ice Hockey** Columbus Blue Jackets v Philadelphia Flyers.
10.00 **Football's Greatest**
10.30 **Eredivisie** Telstar v AZ Alkmaar.
12.30 PM **Top 14 Rugby Union**
2.30 **Temples of Sport** Iconic sporting venues from around the globe.
3.00 **Top 14 Rugby Union**
5.00 **Football's Greatest** The finest players discuss their careers.
5.30 **LaLiga** Valencia v Espanyol. **7.30** Rayo Vallecano v Osasuna.
9.30 **Football's Greatest** The finest players discuss their careers.
10.00 **NHL Ice Hockey** Columbus Blue Jackets v Philadelphia Flyers.
12.00 M'T **LIVE NHL Ice Hockey Tampa Bay Lightning v Winnipeg Jets.** Coverage of the inter-conference match from Benchmark International Arena. Face-off **12.00m't**.
3.00 AM **Temples of Sport**
4.00 **to 6.00** AM **Eredivisie**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **The Best of F1 2025**
8.00 **Formula 2** Italian Grand Prix.
10.35 **The Story of the 2025 Season**
10.45 **Oscar Piastri's Career**
10.55 **F1 Explained: Driver Extraction**
11.00 **The F1 Show** Race preview.
12.00 NOON **Formula 1** Highlights.
2.00 PM **Ted's Notebook**
2.30 **Ted's Testing Podbook**
3.00 **Formula 1** The Italian Grand Prix, the 16th round of the 2025 season, held at Monza Circuit.
7.45 **Ted's Notebook**
8.15 **Toleman Story**
9.00 **Ted's Testing Podbook**
9.30 **Formula 1** The 2025 Italian GP.
10.30 **Ted's Testing Podbook**
11.00 **Formula 1** Highlights.
1.00 **to 6.00** AM **The Best of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Friday

30 January

Evening Planner

Comedy

The Naked Gun

Sky Premiere, 9.10am & 8pm

It's very silly but very entertaining – watch Liam Neeson take on the mantle of Leslie Nielsen in the revival of the police comedy.

Crime Drama

Death in Paradise

BBC1, 9pm

Selwyn (Don Warrington) and Mervin (Don Gilet) work together to solve the mystery behind an apparent suicide.

Drama

The Devil in Disguise: John Wayne Gacy

ITV1, 9pm (box set, ITVX)

True-crime drama about the 'Killer Clown' (played by *Severance*'s Michael Chernus).

Crime Thriller

Under Salt Marsh

Sky Atlantic, 9pm & 10.05pm

Kelly Reilly and Rafe Spall co-star in this thriller about the events in a small Welsh town after a child's body is discovered.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 Amanda & Alan's Greek Job		8.30 Would I Lie to...	9.00 Death in Paradise		10.00 News; Local News	10.40 Graham...
	102 BBC2	7.00 Monty Don's Rhineland Gardens		8.00 Gardeners' World		9.00 Boom Town: How Merthyr Made the...		10.00 QI	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 It'll Be... †	8.00 Emmerdale	8.30 Coronation...	9.00 Devil in Disguise: John Wayne Gacy		10.05 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 David Baddiel: Cat Man		9.00 8 Out of 10 Cats Does Countdown		10.00 The Last Leg	
	105 5	7.00 The Ritz: The World's Most Famous...		8.00 Jane McDonald: From Pole to Pole		9.00 Claudia Winkleman: Behind the Fringe			10.30 X-Rated...
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 A League of Their Own: Mexican...		9.00 Ted		10.10 Chris Ramsey: Live from London	
ENTERTAINMENT	115 BBC3	7.05 Waterloo Road				9.00 RuPaul's Drag Race UK vs the World			10.20 The Traitors Ireland
	116 BBC4	7.00 TOTP: 1999		8.00 TOTP: 1979	8.35 TOTP: 1989	9.05 TOTP: 1976			10.25 The Who at the...
	118 ITV2	7.00 Deal or No Deal		8.00 The Real Housewives of Orange County		9.00 Love Island: All Stars		10.05 Olivia Attwood: Getting Filthy Rich	
	136 MORE4	‹ 6.55 Car S.O.S.		7.55 The Dog House		9.00 Astrid: Murder in Paris		10.10 24 Hours in A&E	
	135 E4	7.00 The Simpsons		8.00 First Dates		9.00 Celebrity Gogglebox for SU2C		10.00 Film: Angel Has Fallen	
	107 SKY WITNESS	7.00 Police 24/7		8.00 Law & Order: Criminal Intent				10.00 Matlock	
	108 SKY ATLANTIC	‹ 6.45 Game of Thrones				9.00 Under Salt Marsh			
	110 U&GOLD	7.00 The Vicar of Dibley						10.05 Men Behaving Badly	
	111 U&DAVE	7.00 Would I Lie to You?...		7.40 Richard Osman's House of Games		9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Doc Martin				10.00 Foyle's War	
	120 ITV4	7.00 Darts: The World Masters – Live: Coverage of day two							
	112 COMEDY CENTRAL	7.00 Friends				9.00 Bradley & Barney Walsh: Breaking Dad		10.00 Out of Order	
	152 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate SG-1		9.00 Film: Beowulf			
	113 SKY MAX		7.15 Stargate SG-1		8.15 Never Mind the Buzzcocks	9.00 An Idiot Abroad		10.00 The 80s: Cinema's Greatest Decade	
	109 U&ALIBI	7.00 Miss Fisher's Murder Mysteries		8.00 Death in Paradise		9.00 CSI: Vegas		10.00 I, Jack Wright	
	124 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Guy Garvey: From the Vaults		9.00 I Was a Teenage Sex Pistol			
	132 U&W	7.00 My Kitchen Rules: New Zealand			8.30 Inside the Ambulance		9.30 999 Rescue Squad		
DOCUMENTARY	125 DISCOVERY	7.00 Chasing Classic Cars		8.00 Gold Rush		9.00 Expedition Files		10.00 Expedition Unknown	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Intruders		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation						10.00 World's Worst Natural Disasters	
	123 SKY HISTORY	7.00 Forged in Fire Armed Forces...		8.00 History's Greatest Aircraft		9.00 Mengele Unveiled			
	155 U&YESTERDAY	7.00 Great Canal Journeys: India		8.00 'Allo 'Allo!				10.10 Bangers & Cash	
	121 SKY DOCS	7.00 How the Beatles Changed the World				9.00 I Am Johnny Cash			
FILMS – Sky Cinema	301 PREMIERE	‹ 6.10 Xeno		8.00 The Naked Gun			9.40 The Toxic Avenger		
	302 FEEL GOOD	‹ 5.15 Wicked		8.00 E.T. The Extra Terrestrial				10.05 Peter Pan	
	303 BUDDY FILMS	‹ 6.00 Bad Boys		8.00 Bad Boys II					10.30 Bad Boys...
	304 GREATS	‹ 6.15 Singin' in the Rain		8.00 Alfie			9.55 Sixteen Candles		
	305 ANIMATION	‹ 5.45 Sneaks	7.30 Open Season 2			9.00 The Pirates! In an Adventure with Scientists			
	306 FAMILY	‹ 6.00 Stuart Little	7.40 Stuart Little 2			9.10 A Minecraft Movie			
	307 ACTION	‹ 5.15 Transformers: The Last Knight		8.00 The Mummy				10.10 The Lawnmower Man	
	308 COMEDY	‹ 5.40 The Holiday		8.00 Instant Family				10.00 Love Actually	
	309 THRILLER	‹ 5.55 The Equalizer 2		8.00 The Accountant					10.20 A Clockwork Orange
	310 DRAMA	‹ 6.25 Poison		8.00 P.S. I Love You				10.15 Fifty Shades of Grey	
	311 SCI-FI	‹ 6.00 Edge of Tomorrow		8.00 Men in Black 3			9.55 Trap		
	313 FILM4		7.10 Moon			9.00 Kingsman: The Secret Service			
SPORT	401 MAIN EVENT	‹ 5.30 Golf – Live	7.30 EFL – Live: Bristol City v Derby County (Kick-off 8.00)						10.30 Golf – Live
	402 PREMIER LEAGUE	7.00 PL Preview	7.30 The Big Interview	8.00 Fantasy Show	8.30 PL Stories	9.00 PL Preview	9.30 Big Interview	10.00 Fantasy Show	10.30 PL Stories
	403 FOOTBALL	7.00 EFL Highlights	7.30 EFL – Live: Bristol City v Derby County (Kick-off 8.00)						10.30 SPFL Round-Up
	405 CRICKET	7.00 SA20		8.00 WPL		9.00 Big Bash League		10.00 WPL	
	410 TNT SPORTS 1	7.00 German Masters Snooker – Live: Coverage from the fifth day of the tournament						10.00 PL Preview	10.30 UEFA Magazine
	411 TNT SPORTS 2	7.00 German Masters Snooker – Live: Coverage from the fifth day of the tournament						10.00 Longines FEI Jumping World Cup	

‹ Denotes programmes starting before 7.00pm † Regions vary

FRIDAY

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Friday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Rip Off Britain** (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition (S)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Father Brown** New episode *The Crackpot and the Dummy:* 4/10. The priest investigates when an eccentric ventriloquist is arrested for murder. (S13) (S)
2.45 **Escape to the Country** (S)(R)
3.45 **The Travelling Auctioneers** (S)(R)
4.30 **Antiques Road Trip** New edition Ishy Khan and Hettie Jago look for treasures in Northumberland. (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

8.30 Would I Lie to You?

7 PM

7.00 **The One Show** JB Gill and Clara Amfo present the topical show. (S)
7.30 **Amanda & Alan's Greek Job** New edition 5/8. Amanda Holden and Alan Carr tackle the master bedroom. (S)(AD) ■ Entire series on BBC iPlayer

8 PM

8.00 **Amanda & Alan's Greek Job** New edition 6/8. Amanda and Alan transform the land at the front of the house. (S)(AD)
8.30 **Would I Lie to You?** New edition With guests Gyles Brandreth, Will Kirk, Jessica Knappett and Tasha Ghouri. (S)

9 PM

9.00 NEW SERIES **Death in Paradise** 1/8. The detective drama returns. Selwyn's return to Saint Marie is disrupted by a dramatic death at his offices, where a man has fallen from the roof. *See feature, page 11.* (S15) (S)(AD)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **The Graham Norton Show** New edition The host catches up with guests Halle Berry, Chris Hemsworth, John Bishop and Rachel McAdams. Plus, music from Jessie Ware. (S)
11.30 NEW TO BBC1 **RuPaul's Drag Race UK vs the World** Nine international members of *RuPaul's Drag Race* Royal alumni compete. *Previously shown on BBC3.* (S)
12.50 AM FILM **Get Out** Psychological thriller with Daniel Kaluuya. After a photographer and his girlfriend visit her parents, he suspects there is more to the locals than meets the eye. (S) (2017, 15, 100min) ★★★★★
2.30 **Weather for the Week Ahead** (S)
2.35 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.30 AM **Lost and Found in the Lakes**
7.00 **Homes Under the Hammer** (S)(R)
8.00 **Sign Zone: Digging for Britain** (R)
9.00 **BBC News** (S)
12.20 PM **Lifeline** (S)(R)
12.30 **Political Thinking with Nick Robinson** Topical discussion. (S)
1.00 **Impossible** Quiz show. (S)(R)
1.45 **Brainbox Challenge** (S)(R)
2.15 **The Boss** Quiz show. (S)(R)
3.00 **The Vintage French Farmhouse**
3.45 **Who Do You Think You Are? USA** With Chris O'Donnell. (S)(R)(AD)
4.15 **Scotland from the Sky** (S)(R)
5.15 **Flog It!** From Sheffield. (S)(R)
6.00 **Richard Osman's House of Games** New edition Quiz. (S)
6.30 **Clive Myrie's African Adventure** New edition 5/10. Clive learns about his family story on a visit to a former slave fort. (S)(AD)

7.00 Monty Don's Rhineland Gardens

7 PM

7.00 **Monty Don's Rhineland Gardens** Series finale 3/3. Monty concludes his trip in the Netherlands, where the Rhine divides into a network of waterways that eventually flow into the North Sea. (S)(AD)

8 PM

8.00 **Gardeners' World** Monty Don takes a look back at highlights of the season. At Longmeadow, his salvias are ready to go in the ground, and Carol Klein shares tips to brighten up beds and containers in spring. (S)

9 PM

9.00 NEW **Boom Town: How Merthyr Made the Worldw** Steffan Powell explores five key factors – geology, wealth, people, war and innovation – to reveal the story of how Merthyr Tydfil became the heart of the Industrial Revolution. (S)(AD)

10 PM

10.00 **QI** Michael Odewale, Cally Beaton and Gyles Brandreth join Sandi Toksvig and Alan Davies for a spot of wordmongery. (S)(R)
10.30 **Newsnight** (S)
11.00 FILM PREMIERE **Bird** Andrea Arnold's drama starring Nykiya Adams, Franz Rogowski and Barry Keoghan. (S) (2024, 15, 115min) ★★★★ *See review, page 27.*
12.55 AM **Sign Zone: Panorama: Post Office – Who's to Blame?** (S)(R)
1.25 **Sign Zone: Winterwatch** (S)(R)
2.25 **Sign Zone: Robson Green's Weekend Escapes** A visit to the Cairngorms with Gail Porter. (S)(R)
2.55 **Sign Zone: Global Eye** (S)(R)
3.25 **to 6.00** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
9.30 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** Series finale David and his team visit Port Sunlight on the Wirral in Merseyside, where Henry Nicholls spends over £10,000 on two family jewellery collections. (S)(AD)
3.00 **Time Is Money** New edition Quiz show hosted by Sara Davies. (S)
4.00 **Deal or No Deal** New edition Stephen Mulhern hosts as Helen takes on the infamous Banker. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

8.00 Emmerdale

7 PM

7.30 **It'll Be Alright on the Night** New edition Tom Allen presents another selection of TV clangers, including Bradley Walsh falling while recording *Blankety Blank*, and there are also disasters for Ant and Dec, Ralf Little and Jill Scott. (S)(AD)

8 PM

8.00 **Emmerdale** Rhona makes a heartfelt plea, and Joe feels frustrated. (S)(AD)
8.30 **Coronation Street** Bernie's big night out catches up with her, Abi shares her concern for Kevin with Debbie, and Roy gets a shock. (S)(AD)

9 PM

9.00 NEW SERIES **Devil in Disguise: John Wayne Gacy** *Ten Days:* 1/8. Drama examining the life of American serial killer John Wayne Gacy, starring Michael Chernus. *See feature, page 7.* (S1) (S)(AD) ■ Entire series on ITVX

10 PM

10.05 **ITV News** (S)
10.35 **Local News** (S)
10.50 FILM **RED** Action comedy thriller starring Bruce Willis, Morgan Freeman, John Malkovich and Helen Mirren. A retired CIA agent sets out to re-assemble his former team to find out why he is being targeted for assassination. With Mary-Louise Parker. (S) (2010, 12, 110min) ★★★★ SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.40 AM **Teleshopping**
3.00 **Long Lost Family** Mandy hopes to find the sister she never knew she had, and Jane is also keen to find her surprise sibling. (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Deal or No Deal** (S)(R)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 11-13/22. (S7) (S)(R)
7.50 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 21-24/24. (S10) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Car S.O.S** (S)(R)(AD)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** New edition A Lancaster couple's dream to open a bar on the Costa del Sol goes up in smoke. (S)
5.00 **Chateau DIY: Win the Dream** New edition The last two pairs of heat one head to Château de Lalacelle, where they must host an event for real guests. (S)(AD)
6.00 **A Place in the Sun** New edition A property search in the Almería Province of southern Spain. (S)

10.00 The Last Leg

7 PM

7.00 **News** (S)

8 PM

8.00 **David Baddiel: Cat Man** Series finale 3/3. The writer and comedian challenges the notion that cats aren't a 'guy thing', meets some life-saving cats and explores the ways feline family members might be honoured. (S)(AD)

9 PM

9.00 **8 Out of 10 Cats Does Countdown** New edition Jimmy Carr hosts as Jon Richardson and Judi Love take on Rob Beckett and Miles Jupp. Plus, comedy duo Róisín and Chiara help out in Dictionary Corner. (S)

10 PM

10.00 NEW SERIES **The Last Leg** Adam Hills, Josh Widdicombe and Alex Brooker are joined by actor Tom Davis and TV host Lorraine Kelly for a review of the significant moments from the past seven days. (S)
11.05 FILM **The Inbetweeners 2** Comedy spin-off sequel starring Simon Bird and Joe Thomas. (S)(AD) (2014, 15, 110min) ★★
12.55 AM FILM **The Day Shall Come** Comedy with Andrel McPherson. (S) (2019, 15, 90min) ★★★
2.25 **Ramsay's Hotel Hell** (S)(R)(AD)
3.15 **Travel Man: 48 Hours in Málaga** With David O'Doherty. (S)(R)
3.45 **Jamie's One-Pan Wonders** (S)(R)
3.55 **to 6.00** AM **Four in a Bed** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Topical discussion. (S)
3.00 **The Madame Blanc Mysteries** *Inheritance:* 2/6. Charlie's Aunt Fifi is poisoned by a mysterious figure. (S4) (S)(R)(AD)
4.00 **Bargain-Loving Brits in the Sun** New edition Tribute singer Ben decides to swap Gary Barlow for Neil Diamond. (S)
5.00 **News** (S)
6.00 **The Motorway** Two patrollers' lives are endangered when a van driver ignores emergency signals and tries to drive past a crash site on the hard shoulder. (S)(R)
6.55 **News** (S)

8.00 From Pole to Pole

7.00 **The Ritz: The World's Most Famous Hotel** Uncovering the history and the secrets of the hotel that has been 'putting on The Ritz' for almost 120 years. (S)(R)
7.55 **News** (S)

8.00 **Jane McDonald: From Pole to Pole** New edition 5/6. The Mediterranean leg of Jane's journey begins as she sails through the impressive 19th century Corinth Canal and visits historic Gallipoli. (S)

9.00 **Claudia Winkleman: Behind the Fringe** A profile of the former *Strictly Come Dancing* presenter and host of *The Traitors*, with contributions from Shirley Ballas, Kai Widdrington, Karen Hauer and Angela Rippon. (S)(R)

10.30 NEW **X-Rated: Diary of a Stripper** Exploring the world of the exotic dancer, from social media performances to arena tours, including a look at classes for the art of striptease and the CCTV used on club premises. (S)

11.30 **Piers Morgan: Uncensored** New edition The opinion-led news and debate show. (S)
1.00 AM **PlayOJO Live Casino Show**
3.00 **World's Most Scenic Railway Journeys** From France. (S)(R)
3.45 **Rich House, Poor House** (S)(R)
4.35 **Amazing Railway Adventures with Nick Knowles** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 | 109 | 340 | 355

6.00 AM **Mornings with Jones and Melbourne**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate SG-1** (S7) (S)(R)
11.00 **Planet Shark** (S)(R)(AD)
12.00 NOON **The Flash** (S8) (S)(R)
1.00 PM **Hawaii Five-0** (S10) (S)(R)
3.00 **S.W.A.T.** 8/18. (S4) (S)(R)(AD)
4.00 **NCIS: Los Angeles** (S13) (S)(R)
5.00 **The Simpsons** *One Fish, Two Fish, Blowfish, Blue Fish:* Homer eats a poisonous fish. (S)(R)
5.30 *Bart Gets an F:* Bart risks being held back a year. (S)(R)
6.00 **The Office (US)** 4/22. A kitchen fire forces the employees out of the office for the day. (S)(R)
6.30 5/22. Halloween arrives and everyone gets into the spirit of the event – except for Michael. (S2) (S)(R)

9.00 Ted

7.00 **The Simpsons** *The Way We Was:* Marge tells Bart and Lisa the story of how she met Homer. (S)(R)
7.30 *Homer v Lisa and the Eighth Commandment:* Lisa is shocked by Homer's ploy to get illegal cable TV. (S)(R)

8.00 **A League of Their Own: Mexican Road Trip** 3/6. Jamie Redknapp, Mo Gilligan, Jill Scott and Micah Richards take MLS-style penalties in front of 60,000 fans at Guadalajara's Estadio Akron. (S)(R)(AD)

9.00 **Ted** *Just Say Yes – Part One:* 1/8. Comedy spin-off from the 2012 film featuring the voice of Seth MacFarlane.
9.30 *Just Say Yes – Part Two:* 2/8. Matty evicts Blaire from his house so she tries to bribe the family into letting her stay. (S)(R)(AD)

10.10 **Chris Ramsey: Live from London** A stand-up performance from the Royal Court Theatre in London, with Chris lifting the curtain on his domestic frustrations and his attempts to be a good parent. (S)(R)

11.10 **True Blood** 5/12. Sookie decides to stop seeing Bill. (S)(R)
12.10 AM 6/12. Sookie struggles with her emotions when the serial killer strikes close to home. (S1) (S)(R)
1.10 **Sex and the City** (S3) (S)(R)
2.30 **Road Wars** (S)(R)
3.00 **S.W.A.T.** 8/18. (S4) (S)(R)(AD)
4.00 **NCIS: Los Angeles** (S13) (S)(R)
5.00 **to 6.00** AM **Highway Patrol** (R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
No variations

N. IRELAND
Sky 966, Virgin 863, Freesat 966
7.30pm Farm 999 New edition (S) **8.00-8.30pm** Amanda & Alan's Greek Job New edition (S)(AD)

WALES
Sky 965, Virgin 864, Freesat 965
No variations

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
No variations

ITV1

As main ITV1 except:

WALES
7.00-7.30pm Vanished Wales New edition (S)

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Cartrefi Cymru **12.30** Heno **1.00** Bois y Pizza: Chwe' Gwlad (AD) **1.30** Ralïo+ **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Cynefin **4.00** Awr Fawr **5.00** Stwnsh **6.00** Y Deis **6.30** Heno New edition **7.00** Newyddion a'r Tywydd **7.30** LIVE Clwb Rygbi **9.50** Priodas Pum Mil **10.50-11.55pm** Antur Itera Tim Lowri Morgan

TV&Satellite week
New issue on sale now

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **Waterloo Road** 7/8. Darius takes charge in Stella's absence, but the return of a familiar face stirs up old tensions.
8.00 8/8. Darius is closer than ever to landing the top job, but as Nisha begins to see him in a new light, she grows uneasy about what he might have done. (S17)
9.00 **RuPaul's Drag Race UK vs the World** Nine international members of *RuPaul's Drag Race* Royal alumni compete to become the champion. In this edition, the queens launch into the Ruruvision Song Contest.
10.20 **The Traitors Ireland** 1/12. Siobhán McSweeney hosts the murder mystery game.
11.20 2/12. The first murder sends shockwaves throughout the castle.

12.10 AM **The Traitors Ireland**
2.10 **The Beauty Queen and the Catfish**
2.55 **to 3.55** AM **Stacey Dooley: Two Daughters**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **Strangers on a Plane**
9.30 **Find It, Fix It, Flog It**
10.25 **A Place in the Sun**
11.30 **Come Dine with Me**
2.10 PM **Four in a Bed**
4.50 **A Place in the Sun** A Manchester couple search for a holiday home on the Greek island of Corfu.
5.55 **Car S.O.S** Tim Shaw and Fuzz Townshend secretly restore a 1978 Bedford HA ice-cream van.
6.55 **Car S.O.S** Tim and Fuzz restore a Mk 3 Ford Cortina.
7.55 **The Dog House** Timid puppy Harry and grumpy Westie Hamish seek new homes, while Lily the beagle has a choice – do another runner or stay put for a cuddle with ex-police officer Stuart and his family.
9.00 **Astrid: Murder in Paris** New episode *But That's Such a Long Time:* 2/8. Astrid and Raphaëlle are recruited by the French secret service, and plunged into the heart of a political and diplomatic conflict involving France and the United States. Subtitled. (S5)
10.10 **24 Hours in A&E** A man is rushed in after a collision with his car windscreen.

11.10 **24 Hours in A&E**
12.10 AM **The Gulf** 5/8. (S2)
1.10 **24 Hours in A&E**
3.20 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 347 125

BBC4

116 119 | 107/108 | 9/24 | 106 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM **TOTP: 1999** Featuring Blur, Cher, The Cardigans, Stereophonics and Jay.
7.30 Performances from Cher, Vengaboys, Skunk Anansie and Boyzone.
8.00 **TOTP: 1979** With Nazareth, The Three Degrees, The Members and Sally Oldfield.
8.35 **TOTP: 1989** Music from Holly Johnson, Roy Orbison, Sheena Easton and Yazz.
9.05 **TOTP: 1976** Featuring ABBA, Cliff Richard, Robin Sarstedt and Ruby Flipper.
9.45 With Marmalade, Tina Charles, Mud, The Rolling Stones and Peter Frampton.
10.25 **The Who at the Electric Proms** A 2006 performance at the Roundhouse in London.
11.15 **Pete Townshend: This Cultural Life** New edition The guitarist talks to John Wilson about his influences.
11.45 **The Who at Glastonbury**
12.45 AM **TOTP: 1999**
1.45 **TOTP: 1979** As 8.00pm.
2.25 **TOTP: 1989** As 8.35pm.
2.55 **to 3.35** AM **TOTP: 1976**

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Goldbergs**
10.00 **Modern Family**
11.00 **Ramsay's Kitchen Nightmares USA**
1.00 PM **Brooklyn Nine-Nine**
2.00 **The Simpsons**
3.00 **The Goldbergs**
4.00 **Modern Family**
5.00 **Brooklyn Nine-Nine**
6.00 **The Simpsons** Double bill.
7.00 **The Simpsons** *The Man Who Flew Too Much:* The Pin Pals take part in their first state bowling championship.
7.30 *American History X-Cellent:* Mr Burns is sent to prison after police find stolen paintings in his home.
8.00 **First Dates** A 63-year-old teacher is matched with a 65-year-old fiction writer.
9.00 **Celebrity Gogglebox for SU2C** Appraisals of *The1% Club Rollover* and *With Love, Meghan: Holiday Celebration.*
10.00 FILM **Angel Has Fallen** Action thriller sequel starring Gerard Butler. (2019, 15, 121 min) ★★★
12.20 AM **Naked Attraction**
1.30 **Celebrity Gogglebox for...**
2.30 **First Dates** As 8.00pm.
3.25 **Naked Attraction**
4.15 **The Goldbergs**
5.05 **to 6.00** AM **Don't Tell the Bride**

+1 hr 235/236 306 30 123 256

Friday primetime

FRIDAY Entertainment

Friday

Sky Witness

107 107 110 341 356

6.00 AM **Nothing to Declare**
8.00 **Border Patrol**
9.00 **Send in the Dogs**
10.00 **Border Security: Canada's Front Line** Double bill.
11.00 **A1: Britain's Longest Road**
12.00 NOON **FBI** 4/22. (S5)
1.00 PM **The Rookie** 13/22. Nolan and Aaron find criminals hiding in the police station. **2.00** 14/22. John and Bailey search for a gunman. (S5)
3.00 **Watson** 5/13. John takes a major ethical risk. (S1)
4.00 **Nothing to Declare**

10.00 Matlock

7 PM

7.00 Police 24/7 Officers are forced to deploy a taser while pursuing a suspect on foot.

8 PM

8.00 Law & Order: Criminal Intent *Reunion:* 16/22. The hostess of a rock 'n' roll chat show is found murdered in her home.

9 PM

9.00 Law & Order: Criminal Intent *Vanishing Act:* 17/22. A magician disappears during a live-burial trick. (S7)

10 PM

10.00 Matlock *Piece of My Heart:* 4/16. Olympia and the team take on a wrongful death case. (S2)

11.00 The Rookie 4/22. (S4)
12.00 M'T **FBI** 3/22. (S5)
1.00 AM **Law & Order: Criminal Intent** 12/22. (S7)
2.00 **The Good Doctor** 10/18. (S5)
3.00 **Road Wars** Double bill.
5.00 **to 6.00** AM **The Force: Manchester**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
8.00 **Boardwalk Empire** (S4)
10.10 **The Sopranos** (S3&4)
12.30 PM **Game of Thrones** (S4)
2.50 **The Wire** 2/13. (S4)
4.00 **Westworld** 10/10. Dolores, Bernard and The Man in Black meet at the Forge. (S2)
5.40 **Deadwood** 8/12. Wolcott continues his quest to gain control of the town's gold. (S2)
6.45 **Game of Thrones** 9/10. Jon and the Night's Watch face their biggest challenge. (S4)

9.00 Under Salt Marsh

7.50 Game of Thrones *The Children:* 10/10. Jon tries to negotiate a peace with Mance Rayder, but an unexpected arrival changes the situation, while Tyrion receives a visit from Jaime. (S4)

9.00 NEW SERIES Under Salt Marsh 1/6. Crime drama starring Kelly Reilly and Rafe Spall. *See feature, page 4.*

10.05 Under Salt Marsh New edition 2/6. A teacher who used to be a detective makes a shocking discovery. (S1)

11.10 Task 1/7. An FBI agent heads up a task force to tackle a string of drug-house robberies in Philadelphia. (S1)
12.25 AM **Deadwood** As 5.40pm.
1.30 **The Sopranos** (S3)
3.50 **Game of Thrones** (S4)
5.05 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S10)
8.00 **The Flash** 19/20. (S8)
9.00 **Stargate SG-1** (S7)
11.00 **SEAL Team** 8/10. (S7)
12.00 NOON **The Flash** 20/20. (S8)
1.00 PM **Hawaii Five-0** (S10)
3.05 **S.W.A.T.** 8/18. (S4)
4.10 **NCIS: Los Angeles** 17/22. The NCIS team help a naval intelligence officer. (S13)
5.15 **SEAL Team** 7/10. The team are sent to verify intel. (S7)
6.15 **Stargate SG-1** 3/22. A teenage boy claims to be Colonel O'Neill. (S7)

6.15 Stargate SG-1

7.15 Stargate SG-1 *Orpheus:* 4/22. Daniel has a flashback that prompts a rescue mission to save Teal'c's son Rya'c and his mentor Bra'tac. (S7)

8.15 Never Mind the Buzzcocks With guests Paloma Faith, Benji Webbe and Judi Love.

9.00 An Idiot Abroad 5/8. Karl's journey continues in Egypt, where he tastes local delicacies and takes a boat ride down the Nile.

10.00 The 80s: Cinema's Greatest Decade A look back at the stand-out movies of the 1980s.

11.00 Fear the Walking Dead 5/16. A new threat reveals itself to Madison and Troy, while Alicia must reconcile with her past decisions. (S3)
12.00 M'T **The Force: Manchester**
2.00 AM **Road Wars** Vehicle crime.
3.00 **S.W.A.T.** 8/18. (S4)
4.00 **NCIS: Los Angeles** (S13)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Celebrity Dinner Date**
8.30 **Georgia and Tommy**
9.25 **The Only Way Is Essex**
10.25 **Real Housewives of Miami**
11.15 **Real Housewives of Beverly Hills** Reality series.
12.15 PM **Dinner Date**
2.15 **The Only Way Is Essex**
3.15 **Real Housewives of Orange County** Reality series.
4.10 **Real Housewives of Miami**
5.00 **Real Housewives of Beverly Hills** Reality series.
6.00 **Celebrity Catchphrase**

9.00 Love Island: All Stars

7.00 Deal or No Deal Stephen Mulhern hosts as Jenna takes on the infamous Banker for the chance to win life-changing money.

8.00 The Real Housewives of Orange County The reunion concludes with a heated face-off between Shannon and Alexis.

9.00 Love Island: All Stars New edition Famous former Islanders are given another shot at finding the one.

10.05 Olivia Attwood: Getting Filthy Rich 2/6. Olivia meets content creators causing a lot of outrage to gain subscribers.

11.05 Family Guy 17/20. Stewie and Brian swap bodies. **11.35** 12/20. Animation. (S16)
12.05 AM **American Dad!** (S13)
1.05 **Bob's Burgers** 12/22. (S12)
1.35 **Olivia Attwood's Bad Boyfriends** Reality show.
2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Never the Twain**
6.35 **On the Buses**
7.05 **Classic Emmerdale**
8.05 **Classic Coronation Street**
9.10 **Inspector Morse**
11.20 **Heartbeat** Double bill.
1.25 PM **Foyle's War** *All Clear:* A murder mars the victory celebration preparations.
3.35 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *Intelligence Matters:* A Russian trawlerman found hiding in a shed is accused of being a spy.

8.00 Doc Martin

6.55 Heartbeat *Please, Please Me:* Rosie is unnerved by the devotion of an admirer who will not take no for an answer.

8.00 Doc Martin *Old Dogs:* 1/9. Dr Ellingham visits an elderly patient, but ends up having to contend with her irate son.

9.00 Doc Martin *In Loco:* 2/9. Louisa is eager to be promoted, but her chances are threatened by a spate of sickly children. (S2)

10.00 Foyle's War *The Russian House:* Foyle stumbles on an international cover-up involving the War Office which, if exposed, could bring down the British government.

12.00 M'T **Trial & Retribution** 2/10. The detectives try to find out who was in the house with Emily Harrogate at the moment of her death. (S10)
1.30 **to 2.30** AM **The Larkins**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **LIVE Sportscene: Championship Football** St Johnstone v Partick Thistle: Coverage of the second-tier match between the title contenders at McDiarmid Park. Kick-off is at 7.45.
10.00 **Still Game** *Gadgets:* 1/6. Jack and Victor discover that gadgets make life anything but easier. (S7)
10.30 **Two Doors Down** 4/6. Eric's wish for some peace and quiet looks less and less likely as his birthday nears. (S1)
11.00 **Ray Bradshaw's Bald Ginger** A stand-up show from the Stand Comedy Club in Glasgow.
11.40 PM **to 12.00** M'T **Good for Her** Comedy sketches written, directed by and starring Zara Gladman.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S2)
9.00 **Ballers** 7&8/10. (S1)
10.20 **Sex and the City** (S1)
11.30 **Entourage** (S2)
12.30 PM **Will & Grace** (S4)
1.30 **Sex and the City** (S1)
2.40 **Ballers** 8&9/10. (S1)
3.50 **And Just Like That...**
4.45 **The Office (US)** (S2)
5.45 **Will & Grace** (S4)
6.45 **Community** (S5)
7.45 **Sex and the City** 11/12. Miranda feels frustrated. **8.20** 12/12. Carrie has an unusual encounter with Big's mother. (S1)
9.00 **Chris Rock: Kill the Messenger** Stand-up.
10.30 **And Just Like That...** *The Last Supper: Part One – Appetizer:* 10/11. Carrie prepares to bid farewell. (S2)
11.25 **Community** (S5)
12.25 AM **Entourage** (S2)
1.40 **Ballers** (S1)
3.00 **Curb Your Enthusiasm**
4.20 **to 5.00** AM **Silicon Valley**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **Mozart's Women: A Musical Journey**
7.30 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **The Art of the Garden**
3.00 **World War II & Cinema**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Guy Garvey: From the Vaults** A look at 1979.
9.00 **I Was a Teenage Sex Pistol** Documentary about the punk band.
10.45 **Pauline Black: A 2-Tone Story**
12.35 AM **Sound of Protest**
1.55 **Women Who Rock**
3.10 **Greatest Albums Live**
4.10 **Discovering**
4.40 **to 6.00** AM **National Trust: National Treasures**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: Canada's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: Canada's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Stargate Atlantis** (S5)
5.00 **Stargate SG-1** (S2)
6.00 **Star Trek: Voyager**
7.00 **Star Trek: The Next Generation** 24/26. (S6)
8.00 **Star Trek: Deep Space Nine** *The Changing Face of Evil:* 20/26. The Breen launch an attack. (S7)
9.00 **Forensics: Catching the Killer** Double bill.
11.00 **Grimm** 3/22. (S5)
12.00 M'T **Wynonna Earp**
1.00 AM **Caught on Dashcam**
2.00 **Brit Cops: Rapid Response** Documentary.
3.00 **The Force: North East**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Quiz.
1.00 PM **Lingo** Game show.
2.00 **Tenable** Quiz show.
3.00 **Ant & Dec's Limitless Win** Game show.
4.00 **Time Is Money** Quiz hosted by Sara Davies.
5.00 **Deal or No Deal** Stephen Mulhern hosts as Jane gets her chance to open the iconic red boxes.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **Alan Carr's Epic Gameshow: Celebrity Special** A star-studded version of *Play Your Cards Right*, with Clare Balding, Russell Kane, Mo Farah and Jimi Mistry.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.55 AM **Tenable** A team of five answers questions about top 10 lists.
1.50 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **American Pickers**
11.00 **Find It, Fix It, Flog It**
12.00 NOON **A Place in the Sun** Triple bill.
3.00 PM **Kirstie and Phil's Love It or List It: Brilliant Builds**
3.30 **Come Dine with Me**
6.00 **Kirstie and Phil's Love It or List It**
7.00 **The Dog House**
7.45 **The Great Pottery Throw Down** Parent and child animal sculptures.
9.00 **24 Hours in A&E**
10.00 **Gogglebox**
11.00 **Celebrity Gogglebox**
12.00 M'T **24 Hours in Police Custody: Burying Horror**
1.10 AM **999: What Happened Next**
2.10 **8 Out of 10 Cats Does Countdown**
3.10 **Jamie's Feasts for a Fiver** A Thai traybake.
4.10 **to 5.00** AM **Mission to Space with Francis Bourgeois**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Big Match Revisited**
8.05 **Magnum, PI**
9.05 **Kojak**
10.10 **Boon**
11.20 **The Sweeney**
12.25 PM **Robin of Sherwood**
1.35 **Magnum, PI**
2.35 **Kojak**
3.40 **Boon**
4.50 **The Sweeney** *Golden Boy:* Regan tackles some heavyweight smugglers.
5.55 **Minder** *A Nice Little Wine:* Arthur loses a fortune when his wine supplier is mugged.

4.50 The Sweeney

7.00 **LIVE Darts: The World Masters** Coverage of day two from Arena MK in Milton Keynes, featuring the concluding first-round matches, played over the best of five sets. World champion Luke Littler was in dominant form at this stage last year, winning 3-0 against Andy Baetens. With Pete Greaves, Chris Mason, Mark Webster and Wayne Mardle.

11.00 **Wrestling: AEW Dynamite** Hard-hitting action from the world of All Elite Wrestling.
1.00 AM **Dark Side of the Ring**
1.55 **The Protectors**
2.25 **Unwind with ITV**
3.30 **to 4.00** AM **Motorsport Mundial**

+1 hour 220 318 118

Sky Sci-Fi

152 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 15/26. (S5)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 16/26. (S5)
2.00 **FILM Treasure Guards** Adventure starring Anna Friel. (2011, PG, 90min) ★★
4.00 **Stargate SG-1** 4/22. (S2)
5.00 **Star Trek: Voyager** 8/16. (S1)
6.00 **Star Trek: The Next Generation** 15/26. Data and Troi are possessed. (S5)

9.00 Beowulf

7.00 **Star Trek: Deep Space Nine** *Doctor Bashir, I Presume?* 16/26. A dark secret from Bashir's past comes to light. (S5)

8.00 **Stargate SG-1** *Gamekeeper:* 4/22. Jack and the team are forced to relive their most terrifying moments. (S2)

9.00 **FILM Beowulf** Fantasy horror starring Christopher Lambert. In a besieged land, Beowulf must battle against the hideous creature Grendel and his vengeance seeking mother. With Rhona Mitra. (1999, 15, 95min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 **Wynonna Earp** 7/12. Doc and Wynonna's past comes back to haunt them. (S2)
12.00 M'T **True Blood** 7&8/12. (S1)
2.00 AM **FILM Battle Royale** Japanese satirical thriller with Takeshi Kitano. Subtitled. (2000, 18, 113min) ★★★★
4.00 **Wynonna Earp** As 11.00pm.
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S11)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 12/22. (S6)
11.00 **Hudson & Rex** As 5.00pm.
12.00 NOON **Miss Fisher's Murder Mysteries** 7/13. (S2)
1.00 PM **Death in Paradise** (S3)
2.00 **Murdoch Mysteries** (S11)
4.00 **The Mentalist** 12/22. (S6)
5.00 **Hudson & Rex** 10/20. The maid-of-honour is found dead after a bachelorette party. (S5)
6.00 **Father Brown** *The Scars of War:* Mrs Devine's son Eddie is framed for murder.

9.00 CSI: Vegas

7.00 **Miss Fisher's Murder Mysteries** *Blood at the Wheel:* 7/13. A female rally driver is found dead in her roadster. (S2)

8.00 **Death in Paradise** *Ye of Little Faith:* 4/8. The team are called to a hotel where a flight attendant has been poisoned. (S3)

9.00 **CSI: Vegas** *The Reaper:* 1/10. Josh Folsom is charged with the death of the man responsible for killing his mother. (S3)

10.00 **I, Jack Wright** *Juggling Snakes:* 4/6. As Sally's legal challenge runs into trouble, her friendship with Arnaud takes a darker turn. (S1)
11.00 **Father Brown** As 6.00pm.
12.00 M'T **So Help Me Todd** 20/21. Margaret represents Chuck when he's accused of fixing a cash prize giveaway. (S1)
1.00 AM **Death in Paradise**
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.25 AM **Ever Decreasing Circles**
8.00 **The Green Green Grass**
8.40 **Dad's Army**
9.20 **Are You Being Served?**
10.00 **Porridge**
10.40 **Keeping Up Appearances**
11.20 **Last of the Summer Wine**
12.40 PM **The Green Green Grass**
1.20 **Dad's Army** Double bill.
2.40 **Are You Being Served?**
3.20 **Porridge**
4.00 **Ever Decreasing Circles**
4.40 **Last of the Summer Wine**
6.00 **The Vicar of Dibley**

7.00 Vicar of Dibley

7.00 **The Vicar of Dibley** Alice and Hugo's baby is christened amid chaos, while David asks Geraldine to marry him.

8.00 **The Vicar of Dibley** A summer water shortage presents problems for the locals, especially Alice. **8.50** Last-ever episode. The vicar prepares for her wedding, but there are hitches even before the big day arrives. Guest stars Keeley Hawes.

10.05 **Men Behaving Badly** Gary gets an unexpected visit from his father.
10.45 **This Time with Alan Partridge** A blast from Alan's past returns.
11.25 **This Time with Alan Partridge**
12.05 AM **The Vicar of Dibley**
1.20 **Men Behaving Badly**
2.00 **This Time with Alan Partridge**
3.15 **to 4.00** AM **Last of the Summer Wine**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **James May on the Moon**
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **How Britain Worked**
11.00 **Rick Stein's Road to Mexico**
12.00 NOON **Bangers & Cash**
2.00 PM **Robson's Extreme Fishing Challenge**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British** Exploring the relationship between food and religion.
6.00 **Rick Stein's Road to Mexico** The chef travels through Mexico City and Oaxaca.

10.00 Have I Got a Bit More...

7.00 **Would I Lie to You? The Unseen Bits** Extra material from the panel show.
7.40 **Richard Osman's House of Games** Contestants include Martin Offiah and Rebecca Lucy Taylor. **8.20** With Natasha Raskin Sharp, Eddie Kadi, Faye Tozer and Charlie Stayt.

9.00 **QI XL** Stephen Fry hosts, with Julia Zemiro, Sue Perkins, Ross Noble and Alan Davies answering questions on jeopardy.

10.00 **Have I Got a Bit More News for You** Actor David Tennant hosts the satirical quiz, with Zoe Lyons and Johnny Mercer.
11.00 **Taskmaster** Asim Chaudhry has fun with drainpipes, and Tim Vine gets stuck in a tunnel.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
1.20 **Would I Lie to You? The Unseen Bits** As 7.00pm.
2.00 **to 4.00** AM **Mad Dogs**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 5-7/23. (S2)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Red Cell:* 20/23. A US Marine is murdered, but before long the prime suspect is also found dead. **7.00** *Hometown Hero:* 21/23. A US Marine suspected of murdering a girl is killed in Iraq. **8.00** *SWAK:* 22/23. Tony is infected with a deadly virus which was sent in the post. (S2)
9.00 **Person of Interest** *Q&A:* 15/22. Reese goes undercover to protect a software programmer. **10.00** *Blunt:* 16/22. Reese and Finch protect a con artist when her scheme is ruined. (S4)
11.00 **Law & Order: Special Victims Unit** (S19&18)
2.45 AM **Instinct** 1/11. (S2)
3.35 **to 4.00** AM **Cops**

+1hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Shoplifters & Scammers: At War with the Law**
11.00 **Police Interceptors**
1.00 PM **Police Interceptors**
5.00 **Call the Bailiffs: Time to Pay Up**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **999: Critical Condition** The medics act fast to help when a man suffers his second heart attack in two weeks.
10.00 **999: Emergency Call Out** Footage of a dispute over an escaped dog.
11.00 **Skin A&E**
12.00 M'T **Nightmare Tenants, Slum Landlords**
2.45 AM **GPs: Behind Closed Doors** Medical series.
3.35 **to 4.00** AM **Friends**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Police Interceptors**
10.55 **FILM Death Rides a Horse** Spaghetti Western. (1969, 15, 111min) ★
1.30 PM **FILM Gunfight at the OK Corral** Western with Kirk Douglas and Burt Lancaster. (1956, PG, 122min) ★★★★
4.05 **The Motorway**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
9.00 **Police: Night Shift 999**
10.00 **Cops** New editions Deputies work together to stay on the tail of a fleeing vehicle. **10.30** A woman decides to hang out with a man called Sketchy.
11.00 **Banged Up Abroad**
12.00 M'T **World's Deadliest Weather: Caught on Camera** A hurricane.
1.00 AM **Ice Road Truckers**
2.00 **to 4.00** AM **Trucking Hell**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Australia** Culinary show.
7.30 **Inside the Ambulance**
8.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
11.00 **DIY SOS: Children in Need Special**
12.00 NOON **DIY SOS: The Big Build** From Swansea.
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
7.00 **My Kitchen Rules: New Zealand** Culinary show.
8.30 **Inside the Ambulance**
9.30 **999 Rescue Squad** The team help a biker injured in a crash. **10.30** A dangerous driver in a pick-up truck causes carnage when his vehicle rolls over.
11.30 **Nurses on the Ward**
12.30 AM **Louis Theroux: America's Most Hated Family in Crisis**
1.35 **to 3.00** AM **Michael McIntyre's The Wheel**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.30 AM **The Bill**
8.25 **Doctors**
9.40 **Classic Holby City**
10.40 **Classic Casualty**
11.50 **The Bill**
12.50 PM **Classic EastEnders**
2.10 **All Creatures Great and Small**
3.10 **Howards' Way**
4.20 **Bergerac**
5.25 **The Thin Blue Line**
6.00 **Last of the Summer Wine** Double bill.
8.00 **Father Brown**
10.00 **New Tricks** *Romans Ruined:* The detectives investigate two deaths after the discovery of a Roman sword is linked to a headless corpse.
11.15 **Waking the Dead**
12.35 AM **Sister Boniface Mysteries** 6/10. (S1)
1.35 **The Thin Blue Line**
2.20 **Last of the Summer Wine** Classic sitcom.
2.50 **to 4.00** AM **Catch Me a Killer**

+1hr 243 316 60 260

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great Continental Railway Journeys**
8.00 **Bangers & Cash**
10.00 **Churchill's Bid to Abolish Britain**
11.00 **World War Weird**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **Churchill's Bid to Abolish Britain**
5.00 **World War Weird**
6.00 **Antiques Roadshow** Fiona Bruce hosts the show from the Ulster Folk Museum just outside Belfast, where items include a DeLorean car.
7.00 **Great Canal Journeys: India** Timothy West and Prunella Scales explore India, starting in the palm-fringed lakes and rivers of Kerala.
8.00 **'Allo 'Allo!**
10.10 **Bangers & Cash**
1.10 **to 3.00** AM **Abandoned Engineering**

+1 hour 255 329

FRIDAY Entertainment

Friday

Really

142 153 165 44 149 40

6.00 AM **Celebrity Fantasy Homes** With David Gest.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **Antiques Road Trip** Double bill.
2.00 PM **The Repair Shop**
3.00 **The Yorkshire Auction House**
4.00 **Long Lost Family**
5.00 **A Place in the Sun**
6.00 **Salvage Hunters**
9.00 **Unsellable Houses** New edition Two sisters update their parents' previous home.
10.00 **My Lottery Dream Home** New editions A man searches for a house for his older sister. **10.30** Lottery winners find a bigger place with lots of outdoor space.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Great! TV

157 167 170 34 32

8.10 AM **Highway to Heaven**
10.10 **Little House on the Prairie** 10-12/24. (S6)
1.10 PM **The Waltons** (S2)
4.10 **Hamish Macbeth** (S1)
5.20 **Doctor Finlay** 1/8. (S4)
6.30 **Rumpole of the Bailey**
7.30 **M*A*S*H** 7/20. Klinger is plunged into the depths of depression. **8.00** 8/20. Major Winchester is left in charge of the camp. **8.30** 9/20. Hawkeye tries seduction. (S9)
9.00 **FILM** **In the Line of Fire** Crime action thriller with Clint Eastwood and John Malkovich. (1993, 15, 127min) ★★★★
11.50 **Hamish Macbeth** (S1)
1.00 AM **Rumpole of the Bailey** 3/6. (S3)
2.00 **Home to Roost** (S2)
2.25 **A Fine Romance** (S1)
3.00 **to 4.50** AM **Highway to Heaven**

+1 hour 257

Great! Action

323 319 426 42 33

9.00 AM **Tombstone Territory**
10.00 **FILM** **Once Upon a Texas Train** Western. (1987, PG, 100min) ★★
12.00 NOON **The High Chaparral** 1/26. (S3)
1.00 PM **FILM** **A Reason to Live, A Reason to Die** Spaghetti Western. (1972, PG, 92min) ★★★
3.00 **Wanted: Dead or Alive**
3.30 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The Persuaders!**
7.00 **The Avengers** (S4)
8.00 **The New Avengers**
9.00 **FILM PREMIERE** **The Vault** Action thriller. (2021, 15, 118min) ★★★
11.35 **FILM** **Escape Plan 3** Action thriller sequel. (2019, 15, 97min) ★
1.35 AM **The Avengers**
2.35 **The New Avengers**
3.25 **FILM** **Meteor Storm** Thriller. (2010, 12) ★
4.50 **to 5.50** AM **Cops Uncut**

+1 hour 324

Great! Mystery

321 318 425 50 48

8.10 AM **Diagnosis Murder**
9.10 **Murder, She Wrote**
10.10 **Unforgettable** (S3)
11.10 **Castle** 3/23. (S6)
12.10 PM **FILM** **Garage Sale Mysteries: The Wedding Dress** (2015, PG) ★★
2.05 **FILM** **Ships in the Night** Drama. (2021, PG) ★★
4.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 4/23. (S6)
8.00 **Unforgettable** (S3)
9.00 **FILM** **Garage Sale Mysteries: Guilty Until Proven Innocent** Drama. (2016, PG, 85min) ★★
10.55 **FILM** **Aurora Teagarden Mysteries: Heist and Seek** (2020, PG) ★★
12.50 AM **FILM** **Treacherous** Thriller. (2018, 12) ★★
2.30 **FILM** **Live Once, Die Twice** (2006, 12) ★★
4.05 **to 5.00** AM **Sue Thomas: F.B.Eye**

+1 hour 322

Great! Romance

319 317 424 52 47

8.10 AM **FILM** **Butlers in Love** Romantic comedy. (2022, PG, 89min) ★★
10.15 **FILM** **Diagnosis Delicious** Drama. (2016, PG) ★★
12.10 PM **FILM** **The Royal Bake Off** Romance. (2023, PG, 90min) ★★
2.05 **FILM** **Pearl in Paradise** Comedy. (2018, PG) ★★
4.05 **FILM** **Love In Translation** Drama. (2021, U) ★★
6.05 **FILM** **Summer Love** Drama. (2016, PG) ★★
8.00 **FILM PREMIERE** **A Town Called Love** Romantic drama. (2023, U, 89min) ★★
10.00 **FILM** **Appetite for Love** Romantic comedy. (2016, PG, 84min) ★★
11.55 **FILM** **Love on the Menu** Romantic drama. (2019, PG, 90min) ★★
1.50 AM **Highway to Heaven**
2.40 **FILM** **Pearl in Paradise**
4.10 **to 5.00** AM **Highway to Heaven**

+1 hour 320

Rewind TV

182 81 141

6.00 AM **Highlights**
9.00 **Bubblegum & Cheese**
10.00 **The Brian Conley Show**
10.30 **Shine on Harvey Moon**
11.30 **The Fenn Street Gang**
12.00 NOON **The Lovers** (S2)
12.30 PM **The Dustbinmen**
1.00 **Wish Me Luck** (S1)
2.00 **The Champions** (S1)
3.00 **Shine on Harvey Moon**
4.00 **Tracing the Rails**
4.30 **Old Country**
5.00 **Bubblegum & Cheese**
6.00 **The Brian Conley Show**
6.30 **The Fenn Street Gang**
7.00 **The Lovers** 1/7. (S2)
7.30 **The Dustbinmen** (S3)
8.00 **The Champions**
9.00 **Wish Me Luck** 2/8. (S1)
10.00 **FILM** **Eskimo Nell** Comedy. (1974, 18) ★★
11.45 **Stereo Underground**
12.45 AM **70s vs 80s Rewind**
1.45 **Tony Hancock Show**
2.15 **FILM** **Bloodbath at the House of Death** Horror spoof. (1983, 18) ★
4.00 **to 6.00** AM **Highlights**

DMAX

158 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Guardians of the Glades**
10.00 **Deadliest Catch**
12.00 NOON **Devil's Canyon**
1.00 PM **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** Severe weather causes problems for the crew members as they battle hurricane-force winds, 40ft waves and icebergs.
9.00 **Saving Lives at Sea** The lifeboat volunteers pluck a fallen climber out of the sea in Wales. **10.00** The RNLI rushes to the rescue of a man in the water in the Thames.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 258 369 153

Food Network

144 152 168 43 148 39

6.00 AM **James Martin's American Adventure**
7.00 **Hairy Bikers Go Local**
8.00 **The Pioneer Woman**
9.00 **Jamie's 15 Minute Meals**
10.00 **Barefoot Contessa: Back to Basics**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Great British Adventure**
3.00 **Hairy Bikers Go Local**
4.00 **The Pioneer Woman**
5.00 **Jamie's 15 Minute Meals**
6.00 **Barefoot Contessa: Back to Basics**
7.00 **Great British Bake Off**
9.00 **Man v Food** Ultimate Cheesesteak Challenge. **9.30** A 5lb omelette.
10.00 **Man v Food with Casey Webb** Casey travels to Louisville in Kentucky.
10.30 **Man v Food**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 22/27. (S4)
9.00 **The A-Team** 25/25. (S3)
10.00 **Charlie's Angels** (S5)
11.00 **FILM** **Magma: Volcanic Disaster** Disaster movie. (2006, PG, 87min) ★★
1.00 PM **FILM** **Doomwatch** Sci-fi thriller. (1972, 12, 92min) ★★★
3.00 **FILM** **Night of the Big Heat** Sci-fi chiller. (1967, 18, 94min) ★
5.00 **Star Trek** 5/26. (S2)
6.00 **Charlie's Angels** (S5)
7.00 **The A-Team** 1/23. (S4)
8.00 **Walker, Texas Ranger**
9.00 **FILM** **Battle: Los Angeles** Sci-fi adventure starring Aaron Eckhart. (2011, 12, 116min) ★★★
11.15 **FILM** **Safe** Action thriller. (2012, 15, 90min) ★★★
1.10 AM **FILM** **Thick As Thieves** Crime thriller. (2009, 15, 104min) ★★
3.10 **to 5.00** AM **FILM** **Fighting Back** Thriller. (1982, 15, 98min) ★★

Legend Xtra

317 316 171 69 138 51

9.00 AM **FILM** **The Plague of the Zombies** Horror. (1966, 15, 91min) ★★★
11.00 **The Lost World** (S1)
12.00 NOON **FILM** **Last of the Mohicans** Adventure. (1977, U, 97min) ★★
2.00 PM **FILM** **Dragonquest** Fantasy adventure. (2009, 12, 90min) ★★
4.00 **Walker, Texas Ranger**
5.00 **FILM** **Mega Storm: Days of Destruction** Thriller. (2011, PG, 89min) ★★
7.00 **The Lost World** (S1)
8.00 **The Fall Guy** 18/23. (S1)
9.00 **FILM** **Best of the Best** Martial arts drama. (1989, 15, 100min) ★★
11.00 **FILM** **Best of the Best 2** Martial arts thriller sequel. (1992, 18, 100min) ★★
1.00 AM **FILM** **Split Second** Horror. (1991, 18) ★
3.00 **FILM** **Mega Storm: Days of Destruction**
5.00 **to 6.00** AM **The Lost World**

+1 hour 318 371 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars Do America**
7.35 **Storage Hunters**
8.30 **Storage Wars: Texas**
9.20 **Hardcore Pawn**
10.15 **Auction Hunters**
11.10 **Deep Water Salvage**
12.10 PM **Salvage Kings**
1.05 **Pawn Stars Do America**
2.05 **Storage Wars: Texas**
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
5.00 **Alien Files Reopened**
6.00 **Pawn Stars Do America**
7.00 **Storage Wars: Texas**
8.00 **Dickinson's Real Deal**
9.00 **WWE's Greatest Moments** New editions
10.00 **Strange Evidence**
12.00 M'T **Paranormal: Caught on Camera**
1.00 AM **Alien Files Reopened**
2.00 **Ancient Aliens**
3.00 **Deep Water Salvage**
3.45 **Salvage Kings**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
10.00 **Dogs Behaving (Very) Badly** Documentary.
11.00 **Ben Fogle: New Lives in the Wild** From Utah.
12.00 NOON **Buried Secrets of WWII** Documentary.
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
4.40 **Cruising with Jane McDonald** From India.
4.55 **The Amber Room: Drain the Oceans**
5.55 **London's Greatest Bridges with Rob Bell**
6.55 **How the Nazis Lost the War** Documentary.
8.00 **Ben Fogle: New Lives in the Wild** Morocco.
9.00 **Taggart** *Death Comes Softly:* A pensioner is found murdered.
11.40 **1984: Those Were the Days** Key events.
1.45 AM **VC Andrews' Heaven**
3.30 **Cruising with Jane McDonald** From India.
3.50 **to 4.00** AM **Entertainment News**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Double bill.
11.00 **The Chase Celebrity Special** With Sam Quek, Basil Brush, Andi Peters and Charlie Higson.
12.00 NOON **The Chase**
2.00 PM **Bridge of Lies**
3.00 **Who Wants to Be a Millionaire?** Quiz show.
4.00 **The Chase** Quiz show.
5.00 **The Bidding Room**
6.00 **Tenable** Double bill of the quiz show hosted by Warwick Davis.
8.00 **The Chase** Double bill of the quiz show.
10.00 **Tenable** Five members of a family from Lancashire take part.
11.00 **The Chase Celebrity Special** With guests Ann Widdecombe, Sam Nixon and Mark Rhodes and Jimmy Carr.
12.00 M'T **Classic Who Wants to Be a Millionaire?**
1.00 AM **The Chase**
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Mike & Molly**
8.30 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Mike & Molly**
3.30 **Young Sheldon**
5.00 **The Big Bang Theory** Eight episodes of the comedy, including at: **8.00** 12/24. Sheldon tells his assistant to stop flirting with Leonard. **8.30** 13/24. Leonard's car is stolen. (S6)
9.00 **90 Day Fiancé: Before the 90 Days** New edition Laura flies to Turkey to meet her young beau, Aviva and Stig spend their first night together, while Lisa finds love, hoping the sixth time's the charm.
11.00 **Georgie and Mandy's First Marriage**
12.00 M'T **Dr Pimple Popper**
2.00 AM **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
10.00 **Spin City** 11 & 12/22. (S6)
11.00 **Everybody Loves Raymond** (S7)
1.00 PM **Friends** (S5&6)
8.00 **Friends** 6/25. Joey and Chandler celebrate their last night as flatmates. **8.30** 7/25. Rachel is embarrassed by Phoebe's jogging style. Guest stars Elle Macpherson. (S6)
9.00 **Bradley & Barney Walsh: Breaking Dad**
10.00 **Out of Order**
11.00 **Whose Line Is It Anyway? USA**
12.30 AM **8 Out of 10 Cats**
1.20 **Drunk History**
2.20 **FILM** **Strangers with Candy** Comedy starring Amy Sedaris. (2005, 15, 100min) ★★★
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S6)
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Whose Line Is It Anyway? USA**
11.00 **Friends** (S6&7)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.30 **Takeshi's Castle**
4.00 **Most Ridiculous**
5.00 **Whose Line Is It Anyway? USA**
6.00 **Spin City** 9&10/26. (S4)
7.00 **Everybody Loves Raymond** (S7)
9.00 **Michael McIntyre's Big Show** Ellie Goulding hands Michael her phone for Send To All.
10.00 **Friends** 2-5/24. (S5)
12.00 M'T **Jimmy Carr's Am I the A**hole?**
1.00 AM **Whose Line Is It Anyway? USA**
4.30 **Spin City** 9&10/26. (S4)
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 164 42

8.00 AM **Highlights**
10.15 **Bread** 6/10. (S8)
10.55 **Steptoe and Son** (S7)
11.30 **Oh, Doctor Beeching!**
12.05 PM **Rising Damp** (S3)
12.40 **Man About the House**
1.10 **Goodnight Sweetheart**
1.45 **When the Boat Comes In** 7/13. (S2)
2.50 **Minder** 9/13. (S2)
3.50 **Citizen Smith** (S3)
4.25 **Man About the House**
4.55 **You Rang, M'Lord?**
6.00 **That's 60s**
6.15 **Steptoe and Son** (S3)
6.50 **Minder** 7/13. (S3)
7.50 **Rising Damp** (S3)
8.20 **Whatever Happened to the Likely Lads?** (S1)
9.00 **Benidorm** 3/9. (S10)
9.55 **Shameless** 5/7. (S1)
10.55 **Man About the House**
11.25 **Rising Damp** (S1)
11.55 **Benidorm** 3/9. (S10)
12.55 AM **Shameless** (S1)
1.55 **Kenny Everett Show**
2.20 **Man About the House**
2.45 **to 6.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **Help! I'm in a Secret Relationship!**
8.00 **Catfish: The TV Show**
11.00 **Catfish: The Dramatic**
12.00 NOON **Catfish: The TV Show** Reality series.
1.00 PM **Catfish: Scammed**
2.00 **Catfish: The TV Show**
4.00 **Dallas Cowboys Cheerleaders**
6.00 **Catfish UK**
7.00 **Teen Mom UK: Next Generation**
8.00 **Teen Mom UK**
9.00 **Skin A&E** Dr Emma McMullen has a painful nail condition to diagnose.
10.00 **FILM** **Halloween** Horror sequel with Jamie Lee Curtis, Judy Greer and Andi Matichak. (2018, 18, 106min) ★★★★
12.00 M'T **Geordie Shore**
2.00 AM **Teen Mom: The Next Chapter**
2.45 **Ink Master: Angels**
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How Do They Do It?**
7.00 **Junkyard Empire** Double bill.
9.00 **Gold Rush: White Water**
11.00 **Diesel Brothers** Double bill.
1.00 PM **Deadliest Catch**
3.00 **How Do They Do It?** A look at how they run the largest moving machine in the world. **4.00** A look at how they make repairs on the Empire State building and free car crash victims in two minutes.
5.00 **Alaska: Homestead Rescue** An Arkansas family struggle to realise their off-grid dream.

9.00 Expedition Files

7.00 **Chasing Classic Cars** The Tupelo Automobile Museum have decided to auction off their entire collection, and need help.

8.00 **Gold Rush** To keep his hot streak going, Tony pilfers even more gear from his son Mike, while Rick makes a big score.

9.00 NEW SERIES **Expedition Files** Josh Gates investigates the search for the Holy Grail throughout history.

10.00 **Expedition Unknown** Josh investigates the rumours surrounding a dig site 6,000 years older than Stonehenge.

11.00 **Expedition Unknown** Tracking the outlaw couple, Josh scours a legendary Bonnie and Clyde hideout.
12.00 M'T **Deadliest Catch**
1.00 AM **Expedition Files**
2.00 **Expedition Unknown**
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **River of No Return**
10.00 **Tanked** An aquarium.
11.00 **Animal Cops Phoenix**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **The Zoo: San Diego** A panda mother and cub are returned to China. **4.00** Mek the tiger returns to the zoo after six years.
5.00 **Lone Star Law** A family who are keeping a pet deer.
6.00 **Dr Jeff: Rocky Mountain Vet** A dog has been hit by a car.

10.00 Alaskan Bush People

7.00 **Treehouse Masters** Pete creates a treehouse cinema with food and drinks served by way of a pulley system.

8.00 **Intruders** A young couple are trapped in their trailer by a swarm of bees, and a black bear breaks into a cabin.

9.00 **Alaska: The Last Frontier** Atz Senior must decide between life on the *Yuletide* and returning to the family homestead.

10.00 **Alaskan Bush People** The Browns face impossible odds as they seek the final pieces for their off-grid dream.

11.00 **In Search of Monsters** A new theory surrounding Scotland's Loch Ness Monster.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **Richard E Grant's Seven Deadly Sins** Gluttony.
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Phoenix**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Inside Incredible Machines**
9.00 **Primal Survivor**
10.00 **Seconds from Disaster**
11.00 **WW2: Hell Under the Sea**
12.00 NOON **World War II: Secrets from Above**
1.00 PM **Air Crash Investigation**
3.00 **Liberation: D-Day to Berlin**
4.00 **Pirate Ships of the Caribbean: Drain the Oceans**
5.00 **Ice Road Rescue** A truck is destroyed after crashing 40 metres down a mountainside.
6.00 **Nazi Megastructures** Josef Goebbels' propaganda.

7.00 Air Crash Investigation

7.00 **Air Crash Investigation** Aviation experts examine a collision between a brand new business jet and a passenger plane.

8.00 **Air Crash Investigation** The story of British Airways Flight 38's crash-landing at Heathrow in January 2008.

9.00 **Air Crash Investigation** The 1985 Manchester runway disaster, in which an aircraft's engine failed, causing 55 deaths.

10.00 **World's Worst Natural Disasters** Experts formulate a list of the 10 most significant natural disasters of all time.

11.00 **Air Crash Investigation**
12.00 M'T **Toronto Airport Uncovered** Documentary.
1.00 AM **To Catch a Smuggler**
2.00 **Trafficked** Documentary.
2.30 **Made in a Day**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Storage Wars**
7.50 **Pawn Stars Do America**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **Mysteries from Above**
1.00 PM **Alien Files Reopened**
3.00 **Full Custom Garage** Ian Roussel helps a friend get a dream project together. **4.00** Ian works on an all-terrain dune buggy. **5.00** Ian starts work on an unfinished Led Sled project.
6.00 **American Pickers** A trip to an Oddfellow's Lodge in Maryland.

9.00 Mengele Unveiled

7.00 **Forged in Fire Armed Forces Tournament** Four US Navy officers work to forge a naval Mark 3 dive knife.

8.00 **History's Greatest Aircraft** The story of the prolonged development of the Boeing B29 Superfortress.

9.00 **Mengele Unveiled** 1/3. An analysis of Josef Mengele's life, focusing on the horrific historical truth of his crimes.

10.05 **Mengele Unveiled** 2/3. A look into the connection between Nazism and the German academic system.

11.15 **Mengele Unveiled**
12.25 AM **World's Most Unexplained** A couple who claimed they were abducted.
12.55 **American Pickers**
1.50 **Forged in Fire Armed Forces Tournament**
2.50 **Pawn Stars Do America**
3.40 **Pawn Stars** Documentary.
4.25 **to 6.00** AM **Secrets in the Jungle**

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **The 2010s**
7.00 **Discovering: Roy Scheider**
8.00 **The Directors**
9.00 **Anatomy of Lies**
10.00 **Urban Secrets**
11.00 **Italia 90: Four Weeks That Changed the World**
2.00 PM **QPR: The Four Year Plan**
3.50 **My Icon: Chris Hughton**
4.00 **Discovering: Roy Scheider**
5.00 **The Directors**
6.00 **Anatomy of Lies** Jennifer Beyer begins a quest to reveal the explosive truth about Elisabeth R Finch.

6.00 Anatomy of Lies

7.00 **How the Beatles Changed the World** Through exclusive interviews and rarely seen footage, this film reveals the story of how four young men from Liverpool transformed the world for ever.

9.00 **I Am Johnny Cash** A celebration of the country singer-songwriter built around 12 of his classic tracks, and featuring interviews with his family and friends.

10.45 FILM **The Armstrong Lie** Documentary about Lance Armstrong's fall from grace. (2013, 15, 124min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.10 AM **The Scheme** The story of how the FBI tried to bring down a young basketball scout.
3.20 **Thoughts & Prayers** How children are taught how to prepare for school shootings.
5.00 **to 6.00** AM **Discovering: Roy Scheider**

7 PM
8 PM
9 PM
10 PM

Friday

Quest

140/141 149 128/137 17 145 18

6.00 AM **The Repair Shop**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Opal Hunters: Red Dirt Road Trip**
1.00 PM **The Repair Shop**
2.00 **Shed and Buried: Classic Cars**
3.00 **Find It, Fix It, Flog It**
4.00 **The Yorkshire Auction House** Double bill.
6.00 **Antiques Road Trip**
8.00 **The Yorkshire Auction House** From London.
9.00 **The Repair Shop** A glamorous painting are among the items. **10.00** The experts restore a toy car and a football scrapbook.
11.00 **Australian Open Tennis**
12.00 M'T **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Shed and Buried: Classic Cars**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

6.00 AM **Animal Cops Houston** Documentary.
7.00 **Helicopter ER**
9.00 **Cops UK: Bodycam Squad** Double bill.
11.00 **The Killer Beside Me**
12.00 NOON **Diabolical: Deadly Love**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **A Killer's Mistake**
4.00 **American Monster**
6.00 **Disappeared**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV**
9.00 **People Magazine Investigates** New edition The deaths of two gay men in New York City.
10.00 **The Murder Tapes**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Crystal Houston.
3.00 **to 4.00** AM **FBI Files**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Secrets of a Murder Detective** DI Steve Keogh looks into the case of the 2012 murder of Christopher Proctor.
8.00 **48 Hours** New edition A mother's worst nightmare becomes a tragic reality.
9.00 **Body in the Water** US police find the dismembered body parts of a missing woman in a creek.
10.00 **Prosecuting Evil with Kelly Siegler** Amy Robinson had just got her first job, with tragic consequences.
11.00 **Bloodline Detectives**
1.00 AM **48 Hours**
2.00 **Body in the Water**
3.00 **Prosecuting Evil with Kelly Siegler**
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Bloodline Detectives**
11.00 **48 Hours** Documentary.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **Bloodline Detectives** The murder of nine-year-old Candy Rogers. **3.00** Michelle Wyatt's neighbours hear screams from her condo.
4.00 **48 Hours** Documentary.
5.00 **Medical Detectives** An arrest is finally made 20 years after three sex workers were murdered. **5.30** A criminally charged sex offender and murderer attacks. **6.00** A house fire kills the only doctor in a West Virginia town. **6.30** A 77-year-old on a road trip is attacked by a thief and shot to death.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Motorway Patrol**
7.00 **The Force: Manchester**
8.00 **Stop, Search, Seize**
9.00 **Brit Cops** Documentary.
10.00 **Police 24/7**
11.00 **World's Most Evil Killers**
12.00 NOON **Catching the...**
1.00 PM **Killer in My Village**
2.00 **Murders That Shocked the Nation**
3.00 **How I Caught the Killer**
4.00 **Britain's Most Evil Killers**
5.00 **Catching the Killer**
6.00 **Killer in My Village**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers** Railway Killers.
9.00 **Killing Mum and Dad**
10.00 **The Boston Strangler: Unheard Confession**
11.45 **Police 24/7**
12.50 AM **World's Most Evil...**
1.55 **Murdered at First Sight**
3.00 **Love You to Death**
4.00 **Stop, Search, Seize**
5.00 **to 6.00** AM **Border Security USA**

+1hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **A Short History of the Moors**
9.10 **Lost World of Angkor Wat** Documentary.
10.15 **Forgotten Soldier**
11.50 **A Short History of the Moors** Documentary.
1.00 PM **Grand Tours of the Scottish Islands**
1.40 **Lost World of Angkor Wat** Documentary.
2.50 **Vichy and the Nazis: A Deal with the Devil**
4.05 **Forgotten Soldier**
5.40 **Lost World of Angkor Wat** Documentary.
6.50 **Forgotten Soldier**
8.25 **Vichy and the Nazis: A Deal with the Devil**
9.40 **Once Upon a Time in Northern Ireland** The road to the Good Friday Agreement in 1998.
10.55 **A Short History of the Moors** Documentary.
12.00 M'T **Once Upon a Time in Northern Ireland**
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

FRIDAY

Friday

Sky Nature

145 113/114 189 354 369

6.00 AM **Gladiators**
7.00 **Monkey Life**
8.00 **Africa's Hunters**
9.00 **Hope for Wildlife**
10.00 **Deadly Australians**
11.00 **Shark Squad**
12.00 NOON **Nomads of the Serengeti** Documentary.
1.00 PM **Monkey Life**
2.00 **Africa's Hunters**
3.00 **Hope for Wildlife**
4.00 **Deadly Australians**
5.00 **Wild Fighters**
6.00 **Nomads of the Serengeti**
7.00 **Monkey Life** Double bill.
8.00 **Extraordinary Animals**
9.00 **Secret Life of the Tasmanian Devil** How the Tasmanian devils look after their young.
10.00 **Nomads of the Serengeti**
11.00 **Wild Fighters**
12.00 M'T **Shark Squad**
1.00 AM **Gladiators**
2.00 **Extraordinary Animals**
3.00 **Secret Life of the Tasmanian Devil** As shown at 9.00pm.
4.00 **Africa's Hunters**
5.00 **to 6.00** AM **Hope for Wildlife**

Sky History 2

163/168 143 186

6.00 AM **Mystery Places**
7.00 **Swamp Mysteries with Troy Landry** Documentary.
8.00 **What on Earth?**
9.00 **Battle 360**
10.00 **Combat Ships**
11.00 **Ancient Aliens**
1.00 PM **Craig Charles: UFO Conspiracies**
2.00 **Britain's Most Historic Towns**
3.00 **Digging for Britain**
4.00 **Mystery Places**
5.00 **Swamp Mysteries with Troy Landry** Documentary.
6.00 **What on Earth?**
7.00 **Battle 360**
8.00 **Combat Ships**
9.00 **The Nostradamus Effect**
10.00 **Secrets Declassified with David Duchovny**
11.00 **Ancient Aliens**
1.00 AM **Craig Charles: UFO Conspiracies**
2.00 **Britain's Most Historic Towns**
3.00 **Secrets Declassified with David Duchovny**
4.00 **Full Custom Garage**
5.00 **to 6.00** AM **Empire Builders**

Discovery Science

167 148 179

8.00 AM **NASA's Unexplained Files**
9.00 **Killers of the Cosmos**
11.00 **You Have Been Warned**
1.00 PM **Richard Hammond's Big**
3.00 **How the Universe Works**
6.00 **How Do They Do It?**
9.00 **Lost Beasts of the Ice Age** Phil Torres and Dr Tori Herridge go on a journey to Siberia for the biggest ever Ice Age dig, unearthing a treasure trove of animals buried in the ground for thousands of years.
11.00 **Cooper's Treasure** Treasure hunter Darrell Miklos attempts to decode and follow a 'treasure map' created by his boyhood idol, former NASA astronaut Gordon 'Gordo' Cooper. **12.00** M'T After finding evidence of a 1700s-era lifeboat near shore, Darrell and the team discover the shipwreck it came from, but a sudden tragedy hits the expedition.
1.00 AM **How the Universe Works**
4.00 **to 6.00** AM **Truth Behind the Moon Landing**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Court Cam**
11.00 **Accident, Suicide or Murder?**
12.00 NOON **Green Eyed Killers**
1.00 PM **#Textmewhenyougethome**
2.00 **Secrets of Polygamy**
3.00 **Murdertown**
4.00 **Killer Britain with Dermot Murnaghan** Lewis Daynes.
5.00 **Laura Whitmore on Britain's Killer Teens** Jordan Jobson.
6.00 **The First 48**
7.00 **Cold Case Files**
8.00 **#Textmewhenyougethome**
9.00 **My Strange Arrest** New editions Double bill.
10.00 **Court Cam** Double bill.
11.00 **Ozark Law**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Real Murders of Atlanta**
2.00 **My Strange Arrest**
3.00 **Laura Whitmore on Britain's Killer Teens** Jordan Jobson.
4.00 **Murdertown**
5.00 **to 6.00** AM **Laura Whitmore on Britain's Killer Teens**

+1hour 256 333

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Europe's Wild Marvels**
10.00 **Africa's River Titans**
11.00 **Close Encounters of the Wild Kind** Raccoons raid a kitchen.
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Jaguar: Jungle Icon of Guyana**
3.00 **Shark Men**
4.00 **Snakes in the City**
5.00 **Ultimate Airport Dubai**
6.00 **Yukon Vet** The Oakleys are back at the Reindeer Farm.
7.00 **Secrets of the Zoo: Keeper Tales** Double bill.
8.00 **Born in Africa** Young predators hone their hunting skills as they prepare to face the dangers of the Savannah.
9.00 **South Africa: Land of Extremes** Exotic fauna.
10.00 **Life Below Zero: First Alaskans**
11.00 **Ice Road Rescue**
12.00 M'T **Exotic Animal ER**
1.00 AM **Monster Fish**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Monster Fish**

Discovery History

174 147 181

7.00 AM **Thai Cave Rescue**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **How the Universe Works** Experts investigate whether a planet similar to our own will ever be found.
1.00 PM **NASA's Unexplained Files**
2.00 **Aliens in Alaska**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Thai Cave Rescue** The operation to save 12 boys and their football coach in 2018.
9.00 **Unexplained and Unexplored**
10.00 **How Do They Do It?**
11.00 **World's Greatest Motorcycle Rides** Henry gets the chance to ride a pre-1955 motorcycle.
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **NASA's Unexplained Files**
4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **Lost Land of the Tiger**
1.00 PM **Lost Land of the Volcano**
3.40 **Lost Land of the Tiger**
7.40 **Lost Land of the Volcano** Scientists and wildlife film-makers led by Steve Backshall, George McGavin and Gordon Buchanan explore a giant extinct volcano covered by rainforest in New Guinea. **9.00** Gordon Buchanan enlists a local tribe to help him film the unusual courtship rituals of birds of paradise in New Guinea, and Steve Backshall discovers a hidden network of caves.
10.20 **Lost Land of the Tiger** Following an expedition aimed at helping the survival of big cats in the Himalayas. **11.40** The team try to track down tigers throughout Bhutan. **1.00** AM Cameraman Gordon Buchanan captures footage of a snow leopard cub.
2.20 **Lost Land of the Volcano**
4.40 **to 6.00** AM **Lost Land of the Tiger**

+1hour 266 376

ID

154 140 166

8.00 AM **Still a Mystery**
9.00 **The Murder Tapes**
11.00 **Disappeared**
12.00 NOON **Murder in the Heartland**
1.00 PM **The Murder Tapes**
3.00 **Disappeared**
4.00 **Murder in the Heartland**
5.00 **Forbidden: Dying for Love**
7.00 **People Magazine Investigates** Focusing on a case from 1977 in which a woman from Philadelphia disappeared. **8.00** In July 2010, NBA star Lorenzen Wright went missing outside of Memphis. When his dead body was discovered in woods, investigators struggled to find what had happened.
9.00 **American Monster: Abuse of Power** Stricken-off doctor Randeep Mann launches a volatile plot to regain power.
10.00 **Destination Fear**
11.00 **Kindred Spirits**
12.00 M'T **The Dead Files**
2.00 AM **Forbidden: Dying for Love**
4.00 **to 6.00** AM **People Magazine Investigates**

+1hour 254 366

Discovery Turbo

161/172 146 180

7.00 AM **Junkyard Empire**
8.00 **Motor Pickers**
9.00 **Sewer Divers**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Richard Hammond's Workshop** As 1.00am.
1.00 PM **Shed and Buried: Classic Cars** American muscle cars.
2.00 **Salvage Hunters: Classic Cars**
3.00 **Sewer Divers**
4.00 **Roadworthy Rescues**
5.00 **Motor Pickers**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Roadworthy Rescues** Derek converts a 1966 Oldsmobile F-85 into a timeless cruiser.
9.00 **Mud Madness**
10.00 **Sewer Divers**
11.00 **Salvage Hunters: Classic Cars**
12.00 M'T **Roadworthy Rescues**
1.00 AM **Richard Hammond's Workshop** A bizarre military vehicle enters the workshop.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **Super Charlie** As 12.35pm.
7.30 **Smurfs** As shown at 4.30pm.
9.10 **PREMIERE The Naked Gun**
10.45 **Xeno** As shown at 6.10pm.
12.35 PM **Super Charlie** Family animation. (2025, PG, 82min)
2.00 **Nuremberg** Legal thriller. (2025, 15, 148min) ★★★★★
4.30 **Smurfs** Fantasy comedy. (2025, PG, 89min) ★★
6.10 **Xeno** Fantasy starring Lulu Wilson and Omari Hardwick. (2025, 15, 103min) ★★★

8.00 The Naked Gun

8.00 PREMIERE The Naked Gun Comedy reboot starring Liam Neeson. Frank Drebin Jr must save his police department by cracking a murder case. (2025, 15, 85min) ★★★★ *See review, page 24.*
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 The Toxic Avenger Horror comedy starring Peter Dinklage. A horrible toxic accident transforms a downtrodden janitor into a new evolution of hero. With Kevin Bacon. (2023, 18, 102min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 **Xeno** As shown at 6.10pm.
1.15 AM **Borderline** Dark comedy thriller with Samara Weaving. (2025, 15, 94min) ★★★
3.05 **Safe House** Thriller with Holt McCallany. (2025, 15, 90min)
4.50 **The Cinema List: Bingeable**
5.10 **to 6.50** AM **All the Devils Are Here** Mystery thriller starring Eddie Marsan. (2025, 15, 87min) ★★★★

Sky Cinema Buddy Films

303 303 403 503 517

6.00 AM **Sacramento** As 2.25pm.
7.35 **Kingpin** As shown at 4.05pm.
9.30 **Role Models** As 2.10am.
11.15 **Clerks** As shown at 12.30am.
12.50 PM **Big Daddy** Comedy. (1999, 12, 95min) ★★★
2.25 **Sacramento** Comedy drama. (2024, 15, 89min) ★★★
4.05 **Kingpin** Comedy with Woody Harrelson and Randy Quaid. (1996, 12, 114min) ★★★
6.00 **Bad Boys** Action comedy. (1995, 15, 118min) ★★★

6.00 Bad Boys

8.00 Bad Boys II Action comedy thriller sequel starring Martin Lawrence and Will Smith as Miami cops striving to bring down a Cuban drug lord. With Gabrielle Union, Joe Pantoliano, Theresa Randle and Jordi Mollà. (2003, 15, 147min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 Bad Boys: Ride or Die Action comedy sequel starring Will Smith and Martin Lawrence. Miami cops Lowrey and Burnett go on the run to clear their late captain's name. (2024, 15, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Clerks** Writer/director Kevin Smith's cult comedy. (1994, b/w, 18, 92min) ★★★★
2.10 **Role Models** Comedy with Paul Rudd and Seann William Scott. (2008, 15, 99min) ★★★★
4.00 **Sacramento** As 2.25pm.
5.40 **to 7.20** AM **Big Daddy** (1999)

Sky Cinema Drama

310 310 410 510 524

6.00 AM **Poison** As 6.25pm.
7.45 **Five Easy Pieces** Cult drama. (1970, 15, 98min) ★★★★★
9.35 **American Sniper** Biopic. (2014, 15, 127min) ★★★★
11.50 **The Blind Side** Fact-based drama starring Sandra Bullock. (2009, 12, 129min) ★★★
2.10 PM **Erin Brockovich** Fact-based drama starring Julia Roberts. (2000, 15, 133min) ★★★★
4.35 **Beach Rats** Powerful drama. (2017, 15, 98min) ★★★
6.25 **Poison** Drama starring Tim Roth. (2024, PG, 86min) ★★★★
8.00 **P.S. I Love You** Romantic comedy drama based on the novel by Cecelia Ahern, starring Hilary Swank and Gerard Butler. (2007, 12, 121min) ★★★
10.15 **Fifty Shades of Grey** Erotic drama based on EL James' bestselling novel, starring Jamie Dornan and Dakota Johnson. (2015, 18, 120min) ★★
12.25 AM **Fifty Shades Darker** Erotic drama sequel starring Dakota Johnson. (2017, 18, 118min) ★
2.30 **Fifty Shades Freed** Erotic drama sequel. (2018, 18, 105min) ★
4.25 **to 6.10** AM **Babylon** British drama starring Brinsley Forde. (1980, 15, 94min) ★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.00 AM **The Core** As 3.40pm.
8.25 **Lovely, Dark, and Deep**
10.00 **The Damned** As 1.30am.
11.40 **Constantine** Supernatural thriller. (2005, 15, 121min) ★★★
1.50 PM **The Crazies** Horror remake. (2010, 15, 101min) ★★★★
3.40 **The Core** Sci-fi action thriller. (2002, 12, 135min) ★★★
6.00 **Edge of Tomorrow** Adventure. (2014, 12, 113min) ★★★★
8.00 **Men in Black 3** Sci-fi action comedy sequel starring Will Smith, Tommy Lee Jones and Josh Brolin. Men in Black agent J goes back in time to 1969 to save the life of the young Agent K. With Emma Thompson. (2012, PG, 105min) ★★★★
9.55 **Trap** Thriller starring Josh Hartnett and Ariel Donoghue. A serial killer tries to evade a police blockade while attending a concert with his daughter. (2024, 15, 105min) ★★★★
11.50 **Lovely, Dark, and Deep** Horror. (2023, 15, 87min) ★★★
1.30 AM **The Damned** Horror. (2024, 15, 89min) ★★★★
3.10 **Pet Sematary** Supernatural thriller. (1989, 18, 103min) ★★★
5.00 **to 6.40** AM **Johnny Mnemonic** Thriller. (1995, 15, 98min) ★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

7.15 AM **The Cat in the Hat** Fantasy. (2003, PG, 82min) ★★★★
8.50 **Journey to the Center of the Earth** (2008, PG) ★★
10.30 **Paul Blart: Mall Cop** Comedy. (2009, PG, 91min) ★
12.15 PM **Paul Blart: Mall Cop 2** Comedy sequel. (2015, PG) ★★
2.05 **The Smurfs 2** (2013, U) ★★
4.05 **Robin and the Hoods** Comedy. (2024, PG, 101min) ★★
6.00 **Stuart Little** Fantasy. (1999, U, 84min) ★★★★★

6.00 Stuart Little

7.40 **Stuart Little 2** Fantasy adventure sequel with the voices of Michael J Fox and Melanie Griffith. (2002, U, 78min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.10 **A Minecraft Movie** Fantasy adventure based on the hit videogame, starring Jack Black, Jason Momoa, Emma Myers and Jennifer Coolidge. A band of misfits embark on an epic quest after entering a cubic wonderland. (2025, PG, 101min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 **Cats & Dogs** Fantasy comedy featuring the voices of Tobey Maguire and Alec Baldwin. (2001, PG, 87min) ★★★
12.40 AM **The Tiger Rising** Family drama starring Dennis Quaid. (2022, PG, 102min) ★★★
2.30 **Spy Kids** Action comedy starring Antonio Banderas. (2001, U, 88min) ★★★★
4.15 **to 6.35** AM **Ride On** Action drama starring Jackie Chan. (2023, PG, 126min) ★★★

Sky Cinema Action

307 307 407 507 521

7.45 AM **Transformers: Age of Extinction** Sci-fi adventure. (2014, 12, 166min) ★★★
10.40 **The Fall Guy** Action comedy. (2023, 12, 126min) ★★★★
12.50 PM **Terminator Salvation** Sci-fi action thriller sequel. (2009, 12, 110min) ★★★
2.55 **Last Action Hero** Fantasy. (1993, 15, 130min) ★★★
5.15 **Transformers: The Last Knight** Sci-fi adventure sequel. (2017, 12, 155min) ★★

10.10 The Lawnmower Man

8.00 **The Mummy** Adventure starring Brendan Fraser and Rachel Weisz. In 1920s Egypt, a dashing American, an English librarian and her wastrel brother unwittingly revive an evil high priest. With John Hannah. (1999, 15, 124min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **The Lawnmower Man** Sci-fi thriller starring Pierce Brosnan. An ambitious scientist uses a gardener as a guinea pig in his virtual reality experiments. With Jeff Fahey and Jenny Wright. (1992, 15, 105min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 AM **Black Hawk Down** Director Ridley Scott's war drama starring Josh Hartnett. (2001, 15, 144min) ★★★
3.05 **Transformers: The Last Knight** As shown at 5.15pm.
5.45 **to 6.00** AM **The Cinema List: Jurassic**

Sky Cinema Comedy

308 308 408 508 522

7.10 AM **Jackass Presents: Bad Grandpa** (2013, 15) ★★★
9.00 **Jackass Presents: Bad Grandpa .5** (2014, 15) ★★
10.35 **Dumb and Dumber** Comedy. (1994, 12, 107min) ★★★
12.25 PM **Role Models** Comedy. (2008, 15, 99min) ★★★★
2.15 **The Accidental Husband** Comedy. (2008, 12, 86min) ★
3.50 **Alfie** Comedy drama remake. (2004, 15, 106min) ★★★
5.40 **The Holiday** (2006, 12) ★★★

8.00 Instant Family

8.00 **Instant Family** Comedy starring Mark Wahlberg, Rose Byrne and Isabela Merced. A married couple decide to adopt, but get more than they bargained for when they take in a rebellious teen and her two siblings. (2018, 12, 118min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Love Actually** Romantic comedy starring Hugh Grant. In the run-up to Christmas, love changes the lives of a host of different characters. (2003, 15, 135min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Disaster Movie** Spoof comedy. (2008, 12, 86min) ★
1.45 **Jackass: The Movie** Slapstick comedy. (2002, 18, 87min) ★
3.15 **Jackass 3** Slapstick comedy sequel. (2010, 15, 93min) ★★
4.55 **Sky Cinema Preview**
5.55 **to 7.45** AM **Wayne's World** Comedy starring Mike Myers. (1992, PG, 95min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

6.00 AM **Ferrari** Biographical drama. (2023, 15, 130min) ★★★
8.15 **The Godfather** Gangster epic. (1971, 15, 167min) ★★★★★
11.15 **RocknRolla** Crime comedy thriller. (2008, 15, 110min) ★★
1.20 PM **Murder by Numbers** Thriller. (2002, 15) ★★★
3.35 **The Equalizer** Action thriller. (2014, 15, 132min) ★★★
5.55 **The Equalizer 2** Thriller sequel starring Denzel Washington. (2018, 15, 121min) ★★★

1.20 Murder by Numbers

8.00 **The Accountant** Thriller starring Ben Affleck and Anna Kendrick. A man with autism moonlights as a money launderer for the Mob, but the Treasury Department soon closes in. With JK Simmons, John Lithgow and Jon Bernthal. (2016, 15, 123min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **A Clockwork Orange** Director Stanley Kubrick's futuristic satire based on the classic novel by Anthony Burgess, starring Malcolm McDowell. (1971, 18, 136min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **Sleepers** Fact-based drama starring Kevin Bacon, Jason Patric and Brad Pitt. (1996, 18, 146min) ★★★
3.15 **Fatal Attraction** Thriller starring Michael Douglas, Glenn Close and Anne Archer. (1987, 15, 120min) ★★★★
5.25 **to 6.00** AM **Sky Cinema Preview**

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The Mouse That Roared** Comedy. (1959, U) ★★★★
12.40 PM **Gun Fury** Western. (1953, U, 83min) ★★★
2.20 **Shenandoah** Western. (1965, PG, 101min) ★★★★
4.30 **Journey to the Centre of the Earth** Fantasy adventure. (1959, U, 132min) ★★★
7.10 **Moon** Duncan Jones' sci-fi thriller starring Sam Rockwell. (2009, 15, 97min) ★★★★

9.00 Kingsman: The Secret...

Moon (film started at 7.10pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Kingsman: The Secret Service** Action comedy starring Colin Firth, Taron Egerton, Jack Davenport and Samuel L Jackson. A streetwise teenager is given the opportunity to work with a super-secret spy organisation. (2015, 15, 128min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Bone Tomahawk** Western horror starring Kurt Russell. An elderly sheriff sets out to rescue townsfolk abducted by cannibalistic cave-dwellers. (2015, 18, 132min) ★★★★
2.20 **to 4.00** AM **Slow West** Offbeat Western starring Kodi Smit-McPhee and Michael Fassbender. (2015, 15, 81min) ★★★★

+1 hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema Feel Good

302 302 402 502 516

7.40 AM **Matilda** As 4.25am.
9.25 **E.T. The Extra Terrestrial**
11.25 **Back to the Future** Fantasy comedy starring Michael J Fox. (1985, PG, 115min) ★★★★★
1.25 PM **Back to the Future Part II**
3.15 **Back to the Future Part III** Fantasy comedy sequel. (1990, PG, 112min) ★★★★
5.15 **Wicked** Musical fantasy. (2024, PG, 160min) ★★★★

8.00 **E.T. The Extra Terrestrial** Steven Spielberg's sci-fi fantasy starring Henry Thomas and Drew Barrymore. A young LA boy befriends an alien who has been left behind by his spaceship. (1982, U, 114min) ★★★★★
10.05 **Peter Pan** Adventure based on JM Barrie's classic play, starring Jeremy Sumpter and Rachel Hurd-Wood. The Darling children leave their bedroom to fly to Neverland with Peter Pan. (2003, PG, 113min) ★★★★

12.10 AM **Back to the Future Part II** Time-travel comedy adventure sequel starring Michael J Fox. (1989, PG, 107min) ★★★
2.15 **Back to the Future Part III**
4.25 **to 6.20** AM **Matilda** Roald Dahl's dark children's fantasy. (1996, PG, 98min) ★★★★

Sky Cinema Greats

304 304 404 504 518

7.55 AM **The Fisher King** Director Terry Gilliam's urban fable. (1991, 15, 137min) ★★★★★
10.15 **Jerry Maguire** Romantic comedy drama with Tom Cruise. (1996, 15, 139min) ★★★★
12.35 PM **The Bodyguard** Romantic thriller. (1992, 15, 129min) ★★★
2.45 **Shirley Valentine** Romantic comedy starring Pauline Collins. (1989, 15, 108min) ★★★★

4.35 **Arthur** Comedy starring Dudley Moore. (1981, 15, 93min) ★★★★
6.15 **Singin' in the Rain** Musical starring Gene Kelly, Donald O'Connor and Debbie Reynolds. (1952, U, 102min) ★★★★★
8.00 **Alfie** Comedy drama starring Michael Caine as a womanising cockney who finally meets his match. With Shelley Winters. (1966, 15, 114min) ★★★★
9.55 **Sixteen Candles** John Hughes' comedy starring Molly Ringwald. (1984, 12, 89min) ★★★

11.30 **In & Out** Comedy starring Kevin Kline. (1997, 12, 91min) ★★★
1.05 AM **Galaxy Quest** Sci-fi spoof. (1999, PG, 102min) ★★★★
2.50 **Wayne's World** Comedy. (1992, PG, 95min) ★★★★
4.25 **to 6.05** AM **Wayne's World 2** Comedy sequel. (1993, PG) ★★★

Sky Cinema Animation

305 305 412 500 514

7.30 AM **Buffalo Kids** Animation. (2024, U, 79min) ★★★
9.05 **Piece By Piece** Animation. (2024, PG, 105min) ★★★
10.50 **Riverdance: The Animated Adventure** As 10.45pm.
12.35 PM **Home** Animated adventure. (2014, U, 94min) ★★★
2.15 **Monsters vs Aliens** Animated sci-fi monster movie. (2009, PG, 90min) ★★★

4.00 **Mr Peabody & Sherman** Animated family comedy. (2014, U, 97min) ★★★★
5.45 **Sneaks** Animated comedy. (2025, PG, 92min) ★★
7.30 **Open Season 2** Animated comedy adventure sequel. (2008, PG, 73min) ★★★
9.00 **The Pirates! In an Adventure with Scientists** Animation. (2012, U, 87min) ★★★★
10.45 **Riverdance: The Animated Adventure** Family animation. (2021, U, 90min) ★★★

12.30 AM **Fireheart** Animation featuring the voices of Olivia Cooke and Kenneth Branagh. (2022, U, 92min) ★★★
2.15 **Pil's Adventures** Animated adventure. (2021, U, 89min) ★★
4.00 **Monsters vs Aliens** As 2.15pm.
5.50 **to 7.20** AM **Open Season 2**

Movies 24

312 313 419

7.00 AM **Mystery Island: Winner Takes All** Crime drama. (2025, PG, 90min) ★★
9.00 **The Gift of Peace** Drama. (2022, PG, 84min) ★★
11.00 **An Easter Bloom** Drama. (2024, PG, 84min) ★★
1.00 PM **The Attraction Test** Comedy. (2022, PG, 85min) ★★
3.00 **Making Waves** Romantic comedy. (2023, PG, 84min) ★★

5.00 **Love and the Radio Star** Comedy. (2022, PG, 90min) ★★
7.00 **Planning on Forever** Romantic comedy starring Emily Tennant. (2022, PG, 89min) ★★
9.00 **Haul Out the Halloween** Comedy starring Lacey Chabert. New residents with a love of all things spooky prompt a neighbourhood to lift a ban on Halloween for the first time in years. (2025, PG, 84min) ★★
11.00 **Love in Whitbrooke** Romantic drama. (2021, PG, 88min) ★★

1.00 AM **Savoring Paris** Romantic drama starring Bethany Joy Lenz. (2024, PG, 90min) ★★
3.00 **to 5.00** AM **The Wedding Contest** Romantic comedy. (2023, PG, 88min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Law of the Plainsman**
6.30 **Life in Emergency Ward 10** Hospital drama starring Michael Craig. (1959, b/w, U, 86min) ★★
8.15 **Look at Life**
8.30 **Salome** Biblical drama. (1953, PG, 104min) ★★
10.35 **As Long as They're Happy** Musical. (1955, U, 91min) ★★★
12.25 PM **A Woman of Mystery** Drama. (1957, b/w, U, 71min) ★★★

1.45 **Goldeneye: The Secret Life of Ian Fleming** Biopic with Charles Dance. (1989, 15, 105min) ★★★
3.50 **Look at Life**
4.00 **A Good Read: Sherlock Holmes**
4.50 **The Spare Tyres** Short comedy. (1967, U, 27min) ★★★
5.25 **Rebecca** Hitchcock thriller starring Laurence Olivier. (1940, b/w, PG, 130min) ★★★★★
8.00 **Z Cars** 20/31. (S1)
9.05 **The Omega Factor** 9/10. (S1)
10.10 **Cathy's Curse** Horror with Alan Scarfe. (1977, 18, 82min) ★★★

11.55 **Hammer House of Mystery and Suspense** 10/13. (S1)
1.25 AM **Angel** Thriller with Donna Wilkes. (1984, 18, 94min) ★★★
3.20 **The Party's Over** Drama. (1965, b/w, 12, 94min) ★★★
5.10 **Glimpses: Land of Contrasts**
5.30 **to 6.00** AM **Out of Town**

FRIDAY Sport 30 January

Sky Sports Main Event

401 401 511 501 419 439

- 6.00 AM **Sky Sports News**
- 7.00 **Sky Sports Breakfast**
- 8.30 **LIVE DP World Tour Golf** Coverage of day two of the Bahrain Championship staged at Royal Golf Club in Al Mazrowiah.
- 1.30 PM **Total Football**
- 2.00 **LIVE WPL Gujarat Giants v Mumbai Indians.** Coverage of the women's T20 match at Baroda Cricket Association Stadium in Vadodara, as both teams play their final match of the league stage.
- 5.30 **LIVE PGA Tour Golf** Day two of the Farmers Insurance Open held at Torrey Pines Golf Course.
- 7.30 **LIVE EFL Bristol City v Derby County.** The Championship match from Ashton Gate. Kick-off **8.00pm**.
- 10.30 **LIVE PGA Tour Golf** Further coverage of day two of the Farmers Insurance Open.
- 12.00 M'T **Sky Sports News**
- 1.00 AM **LIVE Icons Series Golf** Coverage of a matchplay event featuring professional golfers and football legends.
- 5.30 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

- 6.00 AM **PL Greatest Games**
- 7.00 **Premier League Legends**
- 8.00 **Premier League 100 Club**
- 9.00 **Good Morning Transfers**
- 10.00 **Sky Sports FC**
- 12.00 NOON **Transfer Talk**
- 1.00 PM **Premier League Years** The 2022/23 campaign.
- 3.00 **PL Retro** Sheffield United v Wigan Athletic from 2007.
- 5.00 **Premier League Friday**
- 7.00 **Premier League Preview**
- 7.30 **The Big Interview**
- 8.00 **Fantasy Show** Statistics and analysis ahead of the Fantasy Premier League gameweek.
- 8.30 **Premier League Stories** A look at the evolution of the Premier League's transfer market.
- 9.00 **Premier League Preview** A look ahead to the weekend of matches in the Premier League.
- 9.30 **The Big Interview**
- 10.00 **Fantasy Show** Analysis.
- 10.30 **Premier League Stories**
- 11.00 **Premier League Years** A look back at the 2023/24 season.
- 1.00 AM **PL Retro** Liverpool v Manchester City from 2018.
- 3.00 **PL Greatest Games**
- 4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

- 6.00 AM **Championship Retro**
- 8.00 **EFL Greatest Games**
- 10.00 **EFL Cup Retro** The 2016 final.
- 11.00 **1983: When Aberdeen Ruled Europe** Documentary.
- 12.00 NOON **EFL Highlights**
- 12.30 PM **Bundesliga Weekly**
- 1.00 **EFL League One Goals**
- 1.30 **EFL League Two Goals**
- 2.00 **SPFL Highlights**
- 2.30 **EFL Highlights** Championship.
- 4.00 **Bundesliga Weekly**
- 4.30 **EFL League One Goals**
- 5.00 **EFL League Two Goals**
- 5.30 **EFL Highlights**
- 6.00 **Bundesliga Weekly**
- 6.30 **SPFL Highlights**
- 7.00 **EFL Highlights** Championship.
- 7.30 **LIVE EFL Bristol City v Derby County.** The Championship match staged at Ashton Gate. Kick-off **8.00pm**.
- 10.30 **SPFL Highlights**
- 11.00 **Old Firm Derby Best Goals**
- 11.30 **EFL Greatest Games**
- 12.00 M'T **Jimmy Glass: Great Escape**
- 12.30 AM **EFL Rivalries**
- 2.00 **EFL Greatest Games**
- 4.00 **EFL Cup Highlights**
- 5.00 **Best Goals: EFL Cup 23/24**
- 5.30 **to 6.00** AM **EFL Trophy**

Sky Sports Cricket

405 405 514 504 422 442

- 6.00 AM **WPL** Highlights.
- 7.00 **Best of England v South Africa**
- 7.15 **LIVE ICC Under-19s World Cup Cricket** Coverage of a Super Six match from Harare Sports Club in Zimbabwe, where the winners of Group D face the third-placed team in Group A.
- 3.00 PM **Best of ICC WT20**
- 3.30 **Best of England v South Africa**
- 3.45 **Best of ICC WT20**
- 4.00 **WPL** Royal Challengers Bengaluru v UP Warriorz. **5.00** Highlights from Gujarat Giants v Delhi Capitals.
- 6.00 **Big Bash League** The final.
- 7.00 **SA20** Highlights of the final.
- 8.00 **WPL** Highlights from Gujarat Giants v Mumbai Indians.
- 9.00 **Big Bash League** Highlights.
- 10.00 **WPL** Action from Mumbai Indians v Royal Challengers Bengaluru. **11.00** Royal Challengers Bengaluru v UP Warriorz.
- 12.00 M'T **Big Bash League** Another chance to see the final.
- 3.20 AM **Best of Jimmy Anderson: 500th Wicket** From 2017.
- 3.30 **Best of England v South Africa**
- 3.45 **Best of ICC WT20**
- 4.00 **to 6.00** AM **WPL**

Sky Sports Golf

406 406 515 505 423 443

- 6.00 AM **Chronicles of a Champion Golfer** Profiles of leading players.
- 7.00 **PGA Tour Champions**
- 8.00 **The Open Zone**
- 8.30 **LIVE DP World Tour Golf** Coverage of day two of the Bahrain Championship staged at Royal Golf Club in Al Mazrowiah, where England's Laurie Canter was victorious last year.
- 1.30 PM **Beyond the Scorecard**
- 2.00 **TGL** Boston Common v The Bay.
- 4.00 **Chronicles of a Champion Golfer** A profile of Paul Lawrie.
- 4.30 **You Can Play Golf**
- 5.00 **LIVE PGA Tour Golf** Coverage of day two of the Farmers Insurance Open staged at Torrey Pines Golf Course in San Diego.
- 12.00 M'T **Beyond the Scorecard**
- 12.30 AM **You Can Play Golf**
- 1.00 AM **LIVE Icons Series Golf** Coverage of a matchplay event featuring professional golfers and football legends.
- 5.30 **to 6.00** AM **Nick Dougherty's Tee Time Tips**

TNT Sports 1

410 413 521 408 430

- 6.45 AM **TNT Sports Cricket Reload**
- 7.00 **TNT Sports Reload**
- 7.30 **LIVE Australian Open** Coverage of day 13 of the opening Grand Slam event of the season, featuring the men's semi-finals.
- 11.30 **LIVE Freestyle Skiing** Coverage of the men's and women's ski cross in Fassa Valley.
- 1.00 PM **TNT Sports Cricket Reload**
- 1.15 **LIVE International T20 Cricket Sri Lanka v England.** Coverage of the first T20 in the three-match series from Pallekele International Cricket Stadium in Kandy.
- 5.00 **Premier League Reload**
- 5.15 **The Gallagher PREM: Wrap Up**
- 5.30 **Inside Serie A** The latest news.
- 6.00 **Discovery Golf**
- 6.30 **Premier League Preview**
- 7.00 **LIVE German Masters Snooker** Coverage of the fifth day from Tempodrom in Berlin.
- 10.00 **Premier League Preview**
- 10.30 **UEFA Champions League**
- 11.00 **The Fantasy Show**
- 11.30 **Australian Open** The 13th day.
- 1.00 **to 6.00** AM **LIVE Australian Open** Coverage of the 14th day's play, featuring the doubles finals staged at Melbourne Park.

TNT Sports 2

411 414 522 409 431

- 8.15 AM **TNT Sports Cricket Reload**
- 8.45 **LIVE Alpine Skiing** The women's downhill in Switzerland.
- 11.00 **The Monuments**
- 11.30 **LIVE Nordic Combined Skiing** From Seefeld, Austria.
- 12.00 NOON **UEFA Europa League & Conference League Highlights**
- 1.00 PM **TNT Sports Reload**
- 1.15 **LIVE Nordic Combined Skiing** From Seefeld, Austria.
- 1.45 **Gallagher PREM – Wrap Up**
- 2.00 **LIVE German Masters Snooker** Coverage of the fifth day held at Tempodrom in Berlin.
- 5.00 **Football** Highlights and features.
- 6.00 **TNT Sports Cricket Reload**
- 6.45 **TNT Sports Reload**
- 7.00 **LIVE German Masters Snooker** Further coverage of the fifth day at Tempodrom in Berlin.
- 10.00 **Longines FEI Jumping World Cup** Action from Amsterdam.
- 11.00 **International T20 Cricket**
- 1.00 AM **LIVE Women's T20 Super Smash** Coverage of the latest match in New Zealand.
- 4.30 **TNT Sports Cricket Reload**
- 4.45 **to 6.00** AM **LIVE T20 Super Smash** The Grand Final.

Sky Sports NFL

412 410 517 507 426 446

- 6.00 AM **NFL Highlights**
- 10.00 **NFL Bitesize Highlights**
- 11.00 **NFL Highlights**
- 1.00 PM **Good Morning Football**
- 3.00 **NFL Highlights**
- 5.00 **NFL Bitesize Highlights**
- 6.00 **NBC's Pro-Football Talk** Mike Florio and Chris Simms present this NFL talk show, as they discuss stories from around the league.
- 8.00 **NFL Highlights** Action from New England Patriots v Los Angeles Chargers at Gillette Stadium in Foxborough, Massachusetts. **9.00** Highlights of Pittsburgh Steelers v Houston Texans staged at Acrisure Stadium.
- 10.00 **NFL Bitesize Highlights** Action from New England Patriots v Los Angeles Chargers. **10.15** Highlights from Carolina Panthers v Los Angeles Rams. **10.30** Action from the AFC Championship game. **10.45** Highlights from the NFC Championship game.
- 11.00 **NFL Highlights** Action from Dallas Cowboys v Kansas City Chiefs.
- 12.00 M'T **The Insiders** The latest news covering all 32 NFL teams.
- 1.00 **to 6.00** AM **NFL Highlights**

Sky Sports Sky Sports+

404 404 518 508 427 447

- 6.00 AM **Sky Sports News**
- 9.00 **Good Morning Transfers**
- 10.00 **Sky Sports FC**
- 12.00 NOON **Transfer Talk**
- 1.00 PM **Total Football**
- 1.50 **LIVE WPL Gujarat Giants v Mumbai Indians.** Coverage of the women's T20 match at Baroda Cricket Association Stadium in Vadodara, as both teams play their final match of the league stage. The Indians defeated the Giants in last year's Eliminator to secure a place in the final, where they prevailed against Delhi Capitals.
- 5.30 **Premier League Friday**
- 7.00 **The Transfer Show** Analysis of the latest transfer news.
- 8.00 **Sports Centre** A round-up of the sports news with analysis and comments, plus interviews with the headline makers.
- 10.00 **Sky Sports News**
- 10.30 **Back Pages Tonight**
- 11.00 **Sky Sports News**
- 1.00 AM **LIVE Icons Series Golf** Coverage of a matchplay event featuring professional golfers and football legends.
- 5.30 **to 6.00** AM **Sky Sports News**

Sky Sports Tennis

408 408 537 520 425 445

- 6.00 AM **ATP/WTA Tour Classics**
- 8.00 **ATP Tennis** Recent finals.
- 12.00 NOON **ATP/WTA Tour Classics**
- 2.00 PM **US Open Classic Matches**
- 4.00 **US Open Tennis Classic Matches**
- 6.00 **ATP Tennis** Highlights from the Hong Kong Open final. **7.00** Delray Beach Open final. **8.00** The Doha Open final. **9.00** Rio de Janeiro Open final.
- 10.00 **ATP/WTA Tour Classics**
- 12.00 M'T **US Open Classic Matches**
- 2.00 AM **ATP Tennis** Highlights.
- 4.00 **to 6.00** AM **US Open Tennis**

Sky Sports Mix

416 412 510 429 449

- 6.00 AM **EFL Greatest Games**
- 6.45 **Best of England v South Africa**
- 7.00 **Best of ICC WT20**
- 7.15 **LIVE ICC Under-19s World Cup Cricket** Coverage of a Super Six match from Queens Sports Club, Bulawayo, where the third-placed team in Group B face the winners of Group C.
- 3.00 PM **Best of England v South Africa** Action from 2011.
- 3.15 **Best of ICC WT20**
- 3.30 **NFL Bitesize Highlights**
- 4.00 **Nick Dougherty's Tee Time Tips**
- 4.30 **LIVE LPGA Tour Golf** Coverage of an event from the tour.
- 7.30 **Best of ICC WT20**
- 8.00 **NFL Highlights**
- 9.00 **Big Bash League** The final.
- 10.00 **WTA Tennis** Hobart Open final.
- 11.00 **Super League Highlights**
- 12.00 M'T **One Championship Weekly**
- 12.30 AM **PL Greatest Games**
- 1.00 **to 6.00** AM **LIVE Icons Series Golf** Coverage of a matchplay event featuring professional golfers and football legends.

TNT Sports 3

413 415 523 410 432

- 6.45 AM **Premier League Reload**
- 7.00 **Premier League Stories**
- 7.30 **LIVE Australian Open** Day 13 of the opening Grand Slam event of the season, featuring the men's semi-finals at Melbourne Park.
- 11.30 **TNT Sports Cricket Reload**
- 12.00 NOON **Ultimate Pool**
- 1.30 PM **Premier League Reload**
- 1.45 **Inside Serie A** The latest news.
- 2.15 **Original Documentary**
- 3.00 **LIVE Ski Jumping** In Willingen.
- 5.00 **Longines FEI Jumping World Cup** Action from Amsterdam.
- 6.00 **Australian Open** The 13th day.
- 7.30 **Alpine Skiing** In Crans Montana.
- 8.00 **Ski Jumping** From Willingen.
- 8.30 **Australian Open** The 13th day.
- 10.00 **LIVE Formula E** The first free practice session of the Miami E-Prix.
- 11.00 **Ultimate Pool** Recent action.
- 12.30 AM **UFC** Another chance to see Justin Gaethje v Paddy Pimblett.
- 3.30 **Fight Week** UFC 325 preview.
- 4.00 **to 6.00** AM **Isuzu UTE A-League**

TNT Sports 4

414 416 524 411 434

- 6.00 AM **LIVE Isuzu UTE A-League** Wellington Phoenix v Melbourne City. Kick-off **6.00am**.
- 8.00 **Premier League Netbusters**
- 8.30 **LIVE Isuzu UTE A-League** Adelaide United v Macarthur Bulls. Kick-off is at **8.35am**.
- 10.30 **LIVE Nordic Combined Skiing** From Seefeld, Austria.
- 11.00 **Serie A – Full Impact**
- 11.30 **LIVE Men's Cycling Pro Series** Stage four of the Alula Tour.
- 1.30 PM **LIVE Men's Cycling Pro Series** The Challenge Mallorca and Trofeo Serra Tramuntana.
- 3.15 **Cycling Highlights**
- 5.15 **Football** Highlights and features.
- 9.15 **Men's Cycling Pro Series**
- 11.15 **TNT Sports Reload**
- 11.30 **Skiing Highlights**
- 12.30 AM **Premier League Features**
- 1.30 **Discovery Golf**
- 2.00 **German Masters Snooker**
- 4.00 **Skiing Highlights**
- 5.00 **to 6.00** AM **T20 Cricket**

Premier Sports 1

419 551

- 6.00 AM **NHL: This is Hockey**
- 6.30 **Swedish Hockey League**
- 8.30 **NHL Specials** Florida Panthers.
- 9.00 **NHL Ice Hockey**
- 11.00 **United Rugby Championship** A replay of Cardiff v Benetton.
- 1.00 PM **Sporting Greats**
- 2.00 **NHL on the Fly**
- 3.00 **Eredivisie Highlights**
- 4.00 **Top 14 Rugby Union Highlights** The 15th round of fixtures.
- 4.30 **URC in 60** Highlights.
- 5.30 **The Rugby Pod**
- 7.00 **LIVE United Rugby Championship Glasgow Warriors v Munster.** Coverage of the game at Scotstoun Stadium. Kick-off **7.45pm**.
- 10.00 **URC SEND IT**
- 10.40 **LaLiga Match Highlights**
- 11.00 **LaLiga** A match replay.
- 1.00 AM **United Rugby Championship**
- 3.00 **to 6.00** AM **Swedish Hockey League**

Premier Sports 2

420 552

- 6.00 AM **Top 14 Rugby Union**
- 8.00 **NHL Ice Hockey**
- 10.00 **Football's Greatest**
- 10.30 **Top 14 Rugby Union**
- 12.30 PM **LaLiga** Valencia v Espanyol.
- 2.30 **Temples of Sport**
- 3.00 **Elite Ice Hockey League**
- 5.00 **Football's Greatest**
- 5.30 **United Rugby Championship** A replay of Scarlets v Ulster.
- 7.30 **LIVE United Rugby Championship Benetton v Scarlets.** Coverage of the match at Stadio Comunale Monigo. Kick-off **7.45pm**.
- 10.00 **Temples of Sport**
- 10.30 **NHL Specials** Florida Panthers.
- 11.30 **NHL Ice Hockey** Tampa Bay Lightning v Winnipeg Jets.
- 1.30 AM **LIVE NHL Ice Hockey Chicago Blackhawks v Columbus Blue Jackets.** The inter-conference match from United Center. Face-off **1.30am**.
- 4.30 **to 6.00** AM **Temples of Sport**

Sky Sports F1

407 407 516 506 424 444

- 6.00 AM **The Best of F1 2025**
- 8.00 **Formula 2** From Azerbaijan.
- 10.55 **F1 Explained: Driver Cooling**
- 11.00 **The F1 Show** Race preview.
- 12.00 NOON **Formula 1**
- 3.15 PM **Ted's Notebook**
- 3.45 **Formula 1** The 2025 Azerbaijan Grand Prix at Baku City Circuit.
- 8.25 **Ted's Notebook**
- 8.55 **F1 Explained: Rules of Engagement** Driving standards.
- 9.00 **Ted's Testing Podbook**
- 9.30 **Formula 1** From Azerbaijan.
- 10.30 **Ted's Testing Podbook**
- 11.00 **Formula 1** Highlights.
- 1.00 **to 6.00** AM **The Best of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

KIDS WATCHLIST

Great shows for young viewers (from tots to teens) on linear TV and streaming

sky cinema Super Charlie

Saturday, 6.35am & 2.05pm, Sky Premiere

It may not be quite in the same league as *Boss Baby* or *The Incredibles* but this animated adventure featuring a baby with superpowers is entertaining enough.

The focus is on the mixed feelings of 10-year-old brother Willie, whose dreams of teaming up with his police officer dad are, of course, overshadowed by his baby brother's powers, especially when a supervillain arrives on the scene. If the siblings can learn to work together, they may be able to save their city?

Paramount+ School Spirits

Available from Wednesday, Paramount+

As the teenage supernatural drama returns for a second season, Maddie Nears (Peyton List, above) is still trapped in the spooky afterlife of Split River High and desperate to find out what happened to her. On top of all that, she's still reeling from the twist that another spirit, Janet, has taken over her body in the living world! Maddie must team up with both her fellow spirit schoolmates and her living friends to try to solve the mystery. A compelling watch for older teenagers.

More great shows to watch this week...

Ariel: The Little Mermaid NEW

Available from Wed, Disney+

This animated series designed for preschoolers follows the young mermaid princess on her fun-filled underwater adventures in Atlantica.

The Game Catchers NEW

Weekdays, 3.15pm, CBeebies & BBC iPlayer

Return of the colourful preschool series, in which alien friends Boxy, Pigu, Kate, Nina and Dino celebrate the simple joy of playing games.

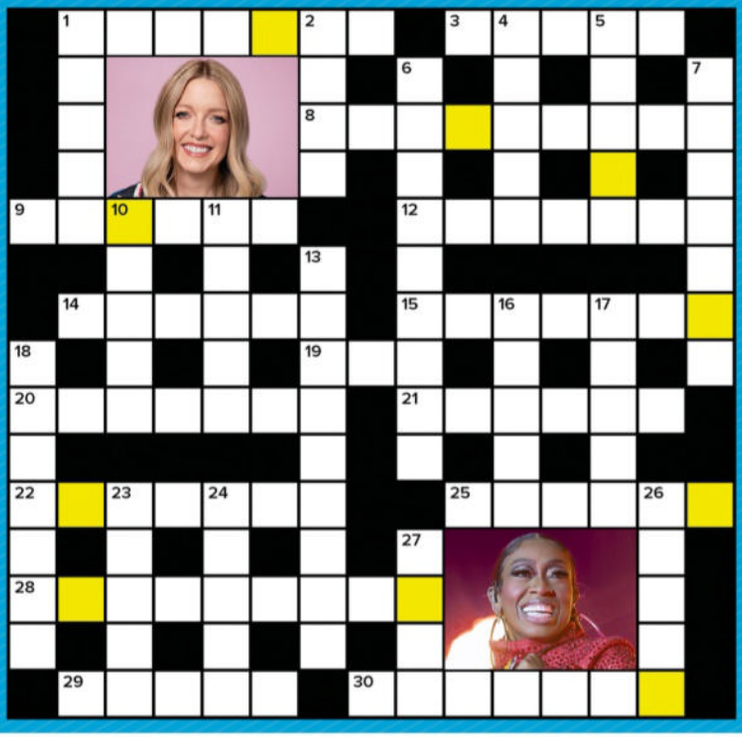
Yo Gabba GabbaLand! NEW

From Friday, Apple TV

Monsters Muno, Foofa, Plex, Brobee and Toodee are joined by a new friend, magician Kammy Kam, for a second series of the show.

CROSSWORD

Solve the clues in our just-for-fun crossword puzzle and re-arrange the shaded squares so the letters spell out the name of an English TV presenter (5,5)Answers at the bottom of the page – no cheating!



ACROSS

1 Taylor -------, Jacob in the *Twilight* film series (7)
3 Actor in 1984's fantasy comedy *Gremlins*, Phoebe ----- (5)
8 Singer of 2006's hit *Smile* and 2008's *The Fear* (4,5)
9 Elvis Presley hit from 1961, *(Marie's the Name) His* ------ *Flame* (6)
12 Played Princess Margaret in *The Crown*, -------- Kirby (7)
14 Played Michael Scott in the US version of comedy series *The Office*, Steve ------ (6)
15 See picture clue: Lauren -------, radio and television presenter (7)
19 --- Green, played Vesper Lynd in 2006 Bond film *Casino Royale* (3)
20 DC Comics superhero, Green -------- (7)
21 *Bridgerton* actor who plays Penelope, ------ Coughlan (6)
22 Sir Michael Caine movie released in 1965, *The* ------- *File* (7)
25 ------ Norton, host of long-running BBC chat show (6)
28 Supernatural film from 2001 starring Nicole Kidman (3,6)
29 Joss -----, British soul singer (5)
30 Character in animated series *South Park*, Eric ------- (7)

DOWN

1 Starred in Steven Spielberg's 1993 film *Jurassic Park*, ----- Dern (5)
2 Supermodel, ---- Macpherson (4)
4 1983 James Bond film, *Never Say Never* ----- (5)
5 *Lucifer* star, Tom ----- (5)
6 Spin-off from cartoon show *Family Guy*, *The* ---------- *Show* (9)
7 Tennis pundit and 2023 *Strictly Come Dancing* star, ------- Croft (7)
10 2010 animated film, *How to* ----- *Your Dragon* (5)
11 English band fronted by Brett Anderson (5)
13 Played Gene Hunt in *Ashes to Ashes*, Philip ---------- (9)
16 Sitcom starring Dawn French, *The* ----- *of Dibley* (5)
17 *King* -----, 1991 comedy with John Goodman (5)
18 See picture clue: US rapper, Missy -------- (7)
23 *Falcon* -----, 1980s US soap (5)
24 Actor painted gold in 1964 film *Goldfinger*, Shirley ----- (5)
26 ----- *Provocateur*, comedy travel series with Romesh Ranganathan (5)
27 *Orange Is the New Black* star, ---- Kate Dillon (4)

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CROSSWORD SOLUTION

ANSWER: Penny Smith **ACROSS:** 1 Lautner 3 Cates 8 Lily Allen 9 Latest 12 Vanessa 14 Carell 15 Laverne 19 Eva 20 Lantern 21 Nicola 22 Ipcress 25 Graham 28 The Others 29 Stone 30 Cartman **DOWN:** 1 Laura 2 Elle 4 Again 5 Ellis 6 Cleveland 7 Annabel 10 Train 11 Suede 13 Glenister 16 Vicar 17 Ralph 18 Elliott 23 Crest 24 Eaton 26 Asian 27 Asia

Coming soon

Richard E Grant and Ruth Jones as Mr and Mrs Bennet

FIRST LOOK

The Other BENNET SISTER

Ella Bruccoleri stars in a new spin on a Jane Austen classic

Studious and reserved Mary Bennet takes centre stage in a fresh look at the beloved characters from *Pride and Prejudice*.

Airing later this year on BBC1, 10-part period drama *The Other Bennet Sister* is based on Janice Hadlow's 2020 novel, a follow-up to the Jane Austen masterpiece. Set during the Regency era, it sees Mary (Ella Bruccoleri) overlooked and struggling to work out what she wants from life, as her sisters Jane (Maddie Close), Lizzy (Poppy Gilbert), Kitty (Molly Wright) and Lydia (Grace Hogg-Robinson) embark on romantic adventures. But when Mary moves to London, an exciting new world opens up.

Richard E Grant co-stars as Mary's wry father Mr Bennet, while Ruth Jones is highly strung Mrs Bennet, who is keen for all her daughters to marry well. Richard Coyle and Indira Varma play Mary's kindly uncle and aunt Mr and Mrs Gardiner, with whom she stays in the capital, while Laurie Davidson and Dónal Finn portray prospective suitors Mr Ryder and Mr Hayward, and Ryan Sampson is the Bennets' cousin Mr Collins.

'As someone who has always related more to Mary than Lizzy, I feel incredibly lucky,' says Bruccoleri. 'Sarah Quintrell's scripts are packed full of beautiful idiosyncratic detail, empathy, humour and such warmth, revealing that beneath Mary's awkwardness and formality lies a woman longing for purpose and connection.'

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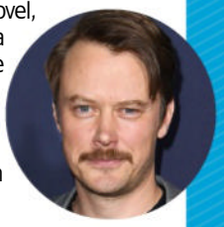
WHAT'S NEXT FOR...

Michael Dorman

In BBC1's six-part Australia-set thriller **Treasure & Dirt**, based on Chris Hammer's novel, the actor will play a homicide detective who teams up with a rural cop (Liv Hewson) to look into the grisly death of an opal miner.



Steph McGovern

The presenter will host six-part BBC2 series **The Big Deal**, in which seven pairs of aspiring art dealers from varying backgrounds carry out a range of assignments in a bid to win £50,000 worth of art.

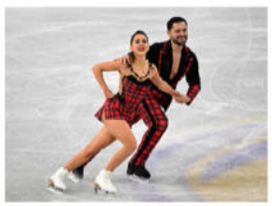
Coming Back

Stephen Mulhern (inset) will step out of his comfort zone once again in three more specials of ITV1's **Accidental Tourist**, which will see Ant and Dec send him to other exotic locations across the globe to conquer his fears.

In the 21st series of C4's comic game show **Taskmaster**, Greg Davies (inset) and 'Little' Alex Horne oversee proceedings as Amy Gledhill, Joanna Page, Joel Dommett, Kumail Nanjiani and Armando Iannucci take on surreal challenges.

Next week

On sale Tuesday 27 January



Winter Olympics

Team GB goes for gold in Italy, with coverage on the BBC, TNT Sports and Discovery+.

Secret Genius

C4 follows comedian Alan Carr and *Countdown* favourite Susie Dent's hunt for bright sparks.

Our Yorkshire Pub Rescue

Jon Richardson tries to help rescue a Yorkshire inn on More4.

The Muppet Show

Kermit, Miss Piggy and co stage a Disney+ extravaganza with guest singer Sabrina Carpenter.

WORDS: CAREN CLARK. PHOTOS: BBC, C4, GETTY, ITV, ©2026 DISNEY & ITS RELATED ENTITIES

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Happy Tails Cuckoo Clock

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Shown much smaller than actual height of 22 inches (55.8 cm) (including pendulum and pinecones). Requires 1 x 'AA' and 2 x 'D' batteries, not included.

Sculpted mouse appears on the hour with a musical tone!

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The custom-designed, maple-finished wooden clock case features classic cuckoo clock styling with elegant rosette adornments. An adorable sculpted, handpainted tabby graces the roof. Heartwarming artwork from artist Jürgen Scholz adorns the clock face and case in full colour, with one sweet kitten on the dial. Three more little charmers share a happy 'tail' of a-mews-ing mischief outdoors below. For extra fun, a second sculpted kitty takes a thrill ride on the clock's pinecone weights that hang beneath.

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